



UCOOK

Ginger Beef Mince

with carrots & couscous

You won't have any beef with this simple and simply yummy dish, Chef! On a bed of fluffy couscous, you will spoon over browned mince loaded with freshly grated ginger, onions & carrots, all coated in a rich tomato and NOMU Oriental Rub spiced sauce. Garnished with chopped coriander.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Couscous
720g	Carrot <i>rinse, trim, peel & dice</i>
2	Onions <i>peel & roughly slice</i>
450g	Beef Mince
30g	Fresh Ginger <i>peel & grate</i>
30ml	Tomato Paste
15ml	NOMU Oriental Rub
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CARROTS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the carrot pieces until lightly charred, 6-7 minutes (shifting occasionally).

3. LOADED MINCE Add the sliced onion and the mince to the pan with the carrots. Work quickly to break the mince up as it starts to cook. Fry until the onions are soft and the mince is browned, 4-5 minutes. Add the grated ginger, the tomato paste, and the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 300ml of water. Simmer until slightly thickening, 6-8 minutes. Remove from the heat. Add a sweetener (to taste) and seasoning.

4. DINNER IS READY Make a bed of the couscous, top with the flavourful loaded mince, and garnish with the chopped coriander. Good job, Chef!

Nutritional Information

Per 100g

Energy	519kJ
Energy	124kcal
Protein	6.2g
Carbs	13g
of which sugars	3.6g
Fibre	2.3g
Fat	4.6g
of which saturated	1.7g
Sodium	57mg

Allergens

Gluten, Allium, Sesame, Wheat

Eat
Within
3 Days