

U COOK

Goat's Cheese Chicken Frikadels

with beetroot & sun-dried tomatoes

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	352kJ	2019kJ
Energy	84kcal	483kcal
Protein	7g	40.1g
Carbs	5g	27g
of which sugars	1.9g	11.1g
Fibre	1.5g	8.4g
Fat	4.3g	25g
of which saturated	1.5g	8.6g
Sodium	138mg	789mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
5g	10g	Almonds
3g	5g	Fresh Mint <i>rinse, pick & finely chop</i>
50ml	100ml	Low Fat Plain Yoghurt
150g	300g	Free-range Chicken Mince
7,5ml	15ml	NOMU Italian Rub
25g	50g	Chevin Goat's Cheese
10ml	20ml	Red Wine Vinegar
40g	80g	Salad Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. UN-BEETABLE Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TOASTED NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MINTY YOGHURT In a bowl, combine the mint and the yoghurt. Season well and set aside.

4. CHEESY CHICKEN In another bowl, combine the mince, NOMU rub, and some seasoning. Wet your hands slightly and shape the mince mixture into 4-5 frikkadels per portion. Stuff each one with some of the goat's cheese. Set aside.

5. FRY THE FRIKKADELS Return the pan over medium heat with a drizzle of oil. When hot, fry the frikkadels until browned and cooked through, 4-5 minutes, shifting as they colour. Remove from the pan.

6. NUTTY SALAD In a salad bowl, combine the vinegar, a drizzle of olive oil and mix to emulsify. Add the salad leaves, cucumber, sun-dried tomatoes, and the nuts. Toss to combine and season.

7. EAT UP! Bowl up the salad, top with the roasted beetroot, golden frikkadels and dollops of the mint yoghurt.