



QCOOK

Smashed Beef Flatbread

with Danish-style feta & chimichurri

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Fan Faves: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	817kJ	4463kJ
Energy	195kcal	1068kcal
Protein	9.7g	52.8g
Carbs	15g	83g
of which sugars	2g	10.9g
Fibre	1.7g	9g
Fat	10.3g	56.1g
of which saturated	3.6g	19.9g
Sodium	343mg	1876mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
12	16	Beef Meatballs
6	8	Pita Flatbreads
22,5ml	30ml	NOMU Moroccan Rub
3	4	Tomatoes <i>rinse & slice into half-moons</i>
60g	80g	Green Leaves <i>rinse</i>
90g	120g	Pickled Onions <i>drain & slice</i>
60ml	80ml	Pesto Princess Chimichurri Sauce
60g	80g	Danish-style Feta <i>drain & crumble</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. MMMOROCCAN MEATBALLS Place a pan over medium-high heat with a drizzle of oil. Smash two meatballs onto one side of each flatbread, sprinkle with NOMU Moroccan Rub, and season (to taste).

2. TWO-IN-ONE When hot, place the flatbread meat-side down in the pan, sear the beef until browned and cooked through, 3-4 minutes. Flip and toast until crisping up, 1-2 minutes. Remove from the pan and plate.

3. DINNER IS DONE Plate up the flatbread. Top the smashed flatbread with tomato, green leaves, pickled onions and chimichurri. Crumble the feta over the top and finish with parsley. Serve the flatbread, and enjoy dinner, Chef.

Chef's Tip If you have the time, take the opportunity to light up the braai and grill the flatbread and mince over the hot coals.