

UCCOOK

One-pot Moroccan Beef

with dried apricots & coriander

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	433kj	3243kj
Energy	104kcal	776kcal
Protein	5.3g	39.8g
Carbs	10g	73g
of which sugars	4.1g	30.9g
Fibre	2.3g	16.9g
Fat	4.2g	31.2g
of which saturated	1.5g	11.2g
Sodium	109mg	817mg

Allergens: Allium, Sulphites, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely dice ½ [1]</i>
240g	480g	Carrot <i>trim, peel & cut into bite-sized chunks</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Moroccan Rub
60g	120g	Chickpeas <i>drain & rinse</i>
1	2	Garlic Clove/s <i>peel & grate</i>
15ml	30ml	Red Wine
100ml	200ml	Tomato Passata
1	2	Poppadom/s
5ml	10ml	Cornflour
10g	20g	Dried Apricots <i>roughly chop</i>
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. STEW, THAT WAS CLOSE! Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until softening, 4-5 minutes (shifting occasionally). Add mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub, the chickpeas, and the garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost all evaporated, 2-3 minutes. Pour in the tomato passata and 100ml [200ml] of water, reduce the heat, and simmer until slightly thickened, 8-10 minutes.

2. POPPADOM PARTY Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Carefully remove from the pan on completion and allow to drain on some paper towel. Alternatively, heat the poppadom/s in the microwave until crispy, 20-30 seconds.

3. THE FINALE In a bowl, combine the cornflour with 10ml [20ml] of water. When the mince has 2-3 minutes remaining, add the cornflour slurry, ½ the apricots, ½ the coriander and some seasoning.

4. THE MAIN EVENT Plate up the saucy mince and sprinkle over the remaining coriander and apricots. Side with the crispy poppadom/s for dunking. Well done, Chef!