



UCOOK

Apricot & Beef Pitas

with tzatziki & fresh mint

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Signature Range
Guardian Shiraz Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	572kJ	3895kJ
Energy	137kcal	932kcal
Protein	6.4g	43.7g
Carbs	16.5g	112.3g
of which sugars	5.4g	36.9g
Fibre	1.9g	12.8g
Fat	4.6g	31.5g
of which saturated	1.7g	11.5g
Sodium	207mg	1409mg

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

Eat Within 3 Days

Spice Level: None

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & roughly slice</i>
15ml	30ml	Apricot Jam
15ml	30ml	Lemon Juice
20g	40g	Dried Apricots <i>roughly chop</i>
150g	300g	Beef Mince
15ml	30ml	NOMU Moroccan Rub
1	1	Garlic Clove <i>peel & grate</i>
1	2	Pita Bread/s
120g	120g	Carrot <i>rinse, trim, peel & grate</i>
50g	100g	Cucumber <i>rinse & cut into matchsticks</i>
3g	5g	Fresh Mint <i>rinse & pick</i>
50ml	100ml	Tzatziki

1. RELISH Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft and caramelised, 8-10 minutes (shifting occasionally). Add a knob of butter, the apricot jam, and $\frac{1}{2}$ the lemon juice. Mix to combine and simmer until slightly thickened, 1-2 minutes. Remove from the pan, add the apricots, and season.

2. MINCE Return the pan, wiped down, to medium heat with a drizzle of oil. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the NOMU rub and the garlic, and fry until fragrant, 1-2 minutes.

3. TOAST Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to form a pocket.

4. CARROT SALAD In a salad bowl, combine the carrot, the cucumber, the mint, the remaining lemon juice, and seasoning.

5. TIME TO EAT Smear the pita pockets with the tzatziki and fill with the flavourful mince, the apricot relish, and the carrot salad. Serve any remaining filling on the side. Enjoy, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter