

UCOOK

Moroccan-style Chicken Koftas

with butternut chunks & baby marrow

You can make a mean meatball, but now let's learn how to make some knockout koftas, Chef! Pan-fried until golden, this Middle Eastern version of a meatball is served with NOMU Moroccan Rub-spiced butternut, a creamy hummus-yoghurt dressing, and an olive, baby marrow & mint salad coated in a raspberry dressing.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

***New Calorie Conscious**

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Ingredients & Prep

200g	Butternut Chunks <i>cut into bite-sized pieces</i>
5ml	NOMU Moroccan Rub
150g	Free-range Chicken Mince
1	Garlic Clove <i>peel & grate</i>
30ml	Hummus
30ml	Greek Yoghurt
20g	Salad Leaves <i>rinse & roughly shred</i>
150g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Pitted Green Olives <i>drain</i>
15ml	Raspberry Vinegar

From Your Kitchen

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

1. MOROCCAN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in ½ the NOMU rub, oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CRACK ON WITH THE KOFTAS Place the mince and garlic in a bowl. Combine with the remaining NOMU rub and lightly season. Wet your hands slightly to prevent the mince from sticking. Roll into 3 [6]#7DA0D7 koftas. Set aside until frying.

3. CREAMY HUMMUS To a bowl, add the hummus, and the yoghurt. Loosen with water in 5ml increments until drizzling consistency and season.

4. INTO THE FRYING PAN Place a pan over medium-high heat. When hot, fry the koftas until browned and cooked through, 2-3 minutes (shifting as they colour).

5. OLIVE & MARROW SALAD In a bowl, combine the salad leaves, the marrow, ½ the mint, the olives, the raspberry vinegar, and season.

6. MMMMOUTHWATERING MEAL Dish up the fresh salad, and top with the golden koftas. Side with the spiced butternut. Drizzle over the hummus dressing, and garnish with the remaining mint. Divine, Chef!



Chef's Tip

Coat the butternut chunks in ½ the NOMU rub, oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	326kJ
Energy	78kcal
Protein	6.1g
Carbs	6g
of which sugars	2g
Fibre	1g
Fat	3.2g
of which saturated	0.9g
Sodium	130.4mg

Allergens

Cow's Milk, Allium, Sesame, Sulphites

Eat
Within
1 Day