

UCCOOK

Moroccan-style Chicken Koftas

with butternut chunks & baby marrow

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	326kJ	2064kJ
Energy	78kcal	494kcal
Protein	6.1g	38.4g
Carbs	6g	39g
of which sugars	2g	10g
Fibre	1g	9g
Fat	3.2g	20.2g
of which saturated	0.9g	5.7g
Sodium	130.4mg	825.2mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1		[Serves 2]
200g	400g	Butternut Chunks <i>cut into bite-sized pieces</i>
5ml	10ml	NOMU Moroccan Rub
150g	300g	Free-range Chicken Mince
1	1	Garlic Clove <i>peel & grate</i>
30ml	60ml	Hummus
30ml	60ml	Greek Yoghurt
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
150g	300g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	40g	Pitted Green Olives <i>drain</i>
15ml	30ml	Chaloner Raspberry Vinegar

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water

1. MOROCCAN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in cooking spray, ½ the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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] 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 & BABY MARROW SALAD In a bowl, combine the salad leaves, the baby 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!