



UCOOK

Egyptian Wagyu Beef Pita

with tahini & a tomato salsa

Fluffy pita pockets are stuffed with a tantalising mixture of beef mince and fragrant spices, before being baked until golden, crisp and delicious. It is served with creamy tzatziki and a tomato, dried pomegranate & cabbage salad. This little hand-held delicacy will have you closing your eyes with every delicious bite!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kelly Fletcher

Adventurous Foodie

Strandveld | Syrah 2021

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Ingredients & Prep

3	Pita Breads
300g	Cabbage <i>rinse & thinly slice</i>
450g	Free-range Wagyu Beef Mince
1	Onion <i>peel & finely dice ¾</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
45ml	NOMU Spice Mix <i>(30ml NOMU Moroccan Rub & 15ml Ground Cumin)</i>
75ml	Tahini
2	Tomatoes <i>rinse & roughly dice</i>
30g	Dried Pomegranate Gems
2	Lemons <i>rinse & cut 1½ into wedges</i>
150ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. PITA PARTY Preheat the oven to 220°C. Place the pita breads on a roasting tray and pop in the hot oven until heated through and softened, 1-3 minutes. Halve the heated pitas.

2. CRAZY CABBAGE Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced cabbage until slightly softened, 3-5 minutes (shifting occasionally). Season.

3. PITA POCKETS In a bowl, combine the mince, ½ the sautéed cabbage, ½ the diced onion, the chopped parsley, the NOMU spice mix, the tahini, and seasoning. Divide into 6 portions and stuff each portion into the pita halves, gently pressing to flatten. Lightly brush the pita halves with olive oil. Place on a baking tray and bake in the hot oven until browned and cooked through, 8-12 minutes (flipping halfway).

4. LET'S SALSA In a bowl, combine the diced tomato, the remaining diced onion (to taste), the remaining cabbage, the pomegranate gems, the juice of 3 lemon wedges, a drizzle of olive oil, and seasoning.

5. I GOTTA POCKET FULL OF SUNSHINE! Plate up the fragrant stuffed pita pockets. Side with the tzatziki and the fresh tomato-cabbage salad. Garnish with any remaining lemon wedges. Wow, Chef!



Chef's Tip

Here's a quick hack if you don't feel like chopping your onion and parsley: just pop it in a food processor or blender and pulse until finely chopped!

Nutritional Information

Per 100g

Energy	465kJ
Energy	112kcal
Protein	5.2g
Carbs	12g
of which sugars	2.6g
Fibre	2.2g
Fat	4.9g
of which saturated	1.4g
Sodium	131mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Cow's Milk

Eat
Within
3 Days