



UCOOK

Sweet 'n Sour Beef Meatballs

with jasmine rice & toasted cashews

There is nothing better than beef meatballs, pineapple & onions coated in a sweet 'n sour sauce. Served over a base of jasmine rice and topped with toasted cashews & fresh chives.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

Fan Faves

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
30ml	Low Sodium Soy Sauce
1	Cashew Nut Halves
12	Free-range Beef Meatballs
2	Onions <i>peel & roughly slice 1½</i>
2	Garlic Cloves <i>peel & grate</i>
240g	Fresh Pineapple Chunks <i>drain & roughly chop</i>
180ml	Sweet 'n Sour Sauce <i>(90ml Tomato Sauce & 90ml Rice Wine Vinegar)</i>
60g	Piquanté Peppers <i>drain</i>
8g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. SOY RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce (to taste), and cover.

2. GOLDEN CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PERFECT BEEF Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan.

4. SWEET & SOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 6-8 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the chopped pineapple pieces, the sweet 'n sour sauce, 60ml of sweetener and remove from the heat. Stir through the cooked meatballs and the drained peppers until fully coated. Season.

5. SATISFYING SUPPER Serve up the soy-infused rice and smother in the sweet 'n sour meatballs. Scatter over the toasted cashews and the chopped chives. Simply gorgeous, Chef!

Nutritional Information

Per 100g

Energy	699kJ
Energy	167kcal
Protein	7.2g
Carbs	18g
of which sugars	4.6g
Fibre	0.9g
Fat	7g
of which saturated	2.5g
Sodium	159mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
3 Days