



UCOOK

Stone Fruit & Wagyu Meatball Salad

with dried apricots, toasted pecan nuts & Danish-style feta

Get ready to taste the rainbow! Juicy charred stone fruit meets savoury Wagyu meatballs, toasted pecans, and a sprinkle of creamy Danish-style feta. It's a party on your plate and your palate, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Carb Conscious

 Muratie Wine Estate | Muratie Isabella Chardonnay 2022

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
10g	Pecan Nuts <i>roughly chopped</i>
1	Stone Fruit <i>½ rinsed & cut into wedges, discarding the pip</i>
15ml	Balsamic Vinegar
20g	Green Leaves <i>rinsed & shredded</i>
20g	Dried Apricots <i>roughly chopped</i>
3	Free-range Wagyu Beef Meatballs
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROAST ROOTS Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CRISPY CHICKPEAS Spread the drained chickpeas on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden and crispy, 12-15 minutes.

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

4. CHARRED STONE FRUIT Return the pan to high heat. When hot, fry the stone fruit wedges until charred, 1-2 minutes. Remove from the pan.

5. VIBRANT SALAD In a salad bowl, combine the balsamic vinegar with 15ml of olive oil, a sweetener, and seasoning. Toss through the shredded green leaves, the charred stone fruit, the chopped apricots, the roasted carrot, and the crispy chickpeas.

6. FRY THE MEATBALLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan.

7. GRAB THE PLATES Serve up the stone fruit salad. Top with the meatballs and the toasted pecans. Crumble over the drained feta. Lookin' good, Chef!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil, and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	590kJ
Energy	141kcal
Protein	6.2g
Carbs	11g
of which sugars	5.2g
Fibre	2.6g
Fat	7.7g
of which saturated	2.8g
Sodium	68mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 3
Days