



QCOOK

Sicilian Beef Meatball Bowl

with Danish-style feta & sweet potato

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Ronnie
Melck Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	609kj	3884kj
Energy	146kcal	928kcal
Protein	7.4g	47.2g
Carbs	9g	59g
of which sugars	4.4g	28.4g
Fibre	1.3g	8.3g
Fat	8.2g	52.1g
of which saturated	3.2g	20.3g
Sodium	93mg	591mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks
5ml	10ml	Dried Oregano
10g	20g	Sunflower Seeds
4	8	Beef Meatballs
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
30g	60g	Danish-style Feta <i>drain</i>
30ml	60ml	Zingy Balsamic <i>(10ml [20ml] Balsamic Reduction & 20ml [40ml] Lemon Juice)</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

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

1. ROAST Coat the sweet potato pieces in oil, oregano, and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MEATBALLS Return the pan to medium heat with a drizzle of oil. Fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

4. DINNER IS READY Bowl up the sweet potato, top with the meatballs, tomato, feta, and drizzle over the zingy balsamic. Sprinkle over the sunflower seeds and garnish with the chives. Dig in, Chef!