



UCCOOK

Cheesy Spinach Stuffed Lamb Meatballs

with a sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Doos Wine | Doos Dry Red 3L

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 707kJ | 3486kJ |
| Energy | 169kcal | 833kcal |
| Protein | 10.8g | 53.4g |
| Carbs | 9g | 43g |
| of which sugars | 4g | 19.9g |
| Fibre | 1.5g | 7.3g |
| Fat | 10.5g | 51.9g |
| of which saturated | 4.1g | 20g |
| Sodium | 138mg | 682mg |

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 200g | 400g | Sweet Potato Chunks |
| 150g | 300g | Free-range Lamb Mince |
| 3g | 5g | Fresh Chives <i>rinse & finely chop</i> |
| 50g | 100g | Grated Mozzarella Cheese |
| 40g | 80g | Green Leaves <i>rinse & roughly shred ½</i> |
| 10g | 20g | Walnuts |
| 20g | 40g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 20g | 40g | Pitted Kalamata Olives <i>drain & halve</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Milk (optional)

1. SWEET POTATO MASH 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 golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. MMMEATBALLS In a bowl, combine the mince, the chives, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Stuff eat meatball with the cheese, and the shredded spinach. Set aside.

3. INTO THE OVEN When the potato has reached its halfway mark, spread the meatballs on a roasting tray. Roast until browned and cooked through, 8-10 minutes, shifting as they colour.

4. FOR CRUNCH Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. FANCY SALAD To a bowl, add the rinsed spinach, the sun-dried tomatoes, the olives, and the nuts. Drizzle over some olive oil, and season.

6. WOW, CHEF! Serve up the mash, top with the stuffed meatballs, and all the tray juices. Side with the fresh salad.