



UCOOK

Superb Ostrich Meatballs

with roasted beets & sun-dried tomatoes

Savoury, sun-dried tomato ostrich meatballs are paired with roasted beetroot and caramelised onions, served alongside a vibrant sun-dried tomato salad with fresh greens.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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Ingredients & Prep

| | |
|------|--|
| 200g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 1 | Onion <i>peel & cut ½ into wedges</i> |
| 150g | Free-range Ostrich Mince |
| 1 | Garlic Clove <i>peel & grate</i> |
| 3g | Fresh Oregano <i>rinse, pick & roughly chop</i> |
| 10ml | NOMU One For All Rub |
| 30g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 1 | Lemon <i>rinse, zest & cut ½ into wedges</i> |
| 20g | Green Leaves <i>rinse</i> |
| 20g | Almonds <i>roughly chop</i> |
| 40g | Danish-style Feta <i>drain</i> |
| 40ml | Mayo |

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Place the beetroot pieces and the onion wedges on a roasting tray, coat in oil, and season. Roast in the oven until cooked through and crispy, 30-35 minutes, shifting at the halfway mark.

2. PERFECT MEATBALLS Place the mince in a bowl, add the grated garlic, ½ of the chopped oregano, the NOMU rub, ¼ of the chopped sun-dried tomatoes, a squeeze of lemon juice (to taste), 1 tbsp of cold water, and seasoning. Mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

3. FRESH SALAD In a salad bowl, combine 5ml of olive oil, a squeeze of lemon juice, seasoning, and a sweetener (to taste). Toss through the rinsed salad leaves, the remaining sun-dried tomatoes, and the lemon zest (to taste).

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

5. MEATBALL PARTY Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

6. GET NOSHING Plate up the roasted beets & onion. Side with the golden meatballs and the fresh salad. Crumble the drained feta over the salad. Garnish with the toasted almonds, any remaining lemon wedges and the remaining oregano. Serve with the mayo for dunking. Easy peasy!



Chef's Tip

Air fryer method: Coat the beetroot and onion wedges in oil and season. Air fry at 200°C until crispy and cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 495kJ |
| Energy | 118kcal |
| Protein | 5.9g |
| Carbs | 8g |
| of which sugars | 3.1g |
| Fibre | 2.5g |
| Fat | 7g |
| of which saturated | 1.5g |
| Sodium | 150mg |

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days