



UCCOOK

Chicken Meatballs & Creamy Dijon Sauce

with a buttery mash & a fresh pea salad


As a stovetop-only recipe, this easy peasy dish features a generous portion of creamy potato mash, golden chicken meatballs & a Dijon-mustard, onion & sour cream sauce for richness. Sided with a greens & pea salad for freshness.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

600g	Potato <i>peeled & cut into small bite-sized pieces</i>
450g	Free-range Chicken Mince
2	Onions <i>1½ peeled & finely diced</i>
120g	Peas
60g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	White Wine
120ml	Creamy Dijon <i>(30ml Dijon Mustard & 90ml Sour Cream)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk (optional)

1. MAKE THE MASH Boil the kettle. Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. ON A ROLL In a bowl, combine the mince, a ¼ of the diced onion, and seasoning. Wet your hands slightly and roll into 4-5 meatballs per portion. Set aside.

3. PLUMP PEAS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Just before serving, add the shredded salad leaves, seasoning, and a drizzle of olive oil. Toss until combined.

4. MMMEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 5-6 minutes (shifting as they colour). You may need to do this step in batches. Remove from the pan and cover.

5. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the remaining onion until soft, 5-6 minutes (shifting occasionally). Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the creamy dijon and 150ml of warm water. Simmer until reduced and slightly thickened, 4-5 minutes. Season.

6. TIME TO EAT Plate up the creamy mash and side with the meatballs drizzled with the creamy sauce. Serve with the pea salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	6.5g
Carbs	9g
of which sugars	1.7g
Fibre	1.7g
Fat	3.6g
of which saturated	1.3g
Sodium	59mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 1
Day