



WCOOK

Cheesy Beef Meatballs & Wonton Dippers

with leeks & sour cream

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 789kJ | 4356kJ |
| Energy | 189kcal | 1042kcal |
| Protein | 10.6g | 58.4g |
| Carbs | 9g | 49g |
| of which sugars | 2.6g | 14.3g |
| Fibre | 1.2g | 6.4g |
| Fat | 12.1g | 66.8g |
| of which saturated | 5.4g | 29.9g |
| Sodium | 223mg | 1231mg |

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 4 | 8 | Beef Meatballs |
| 100g | 200g | Leeks |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 20ml | 40ml | Spice Blend <i>(5ml [10ml] NOMU Italian Rub, 5ml [10ml] Garlic Powder & 10ml [20ml] NOMU BBQ Rub)</i> |
| 5ml | 10ml | Dried Thyme |
| 100ml | 200ml | Tomato Passata |
| 60g | 120g | Cheddar Cheese <i>grate</i> |
| 5 | 10 | Wonton Wrappers <i>cut into triangles</i> |
| 40ml | 80ml | Sour Cream |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. MEATBALLS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until lightly golden but not cooked through, 1-2 minutes (shifting as they colour). Remove from the pan and place in an ovenproof dish.

2. SAUCE Trim the leeks at the base and cut in half lengthways. Rinse the leeks and roughly slice. Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the leeks until soft and lightly golden, 4-5 minutes. Add the garlic, the spice blend, and the thyme. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from heat, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the cheese.

3. CHEESY MOMENT Place the ovenproof dish in the hot oven and bake until the cheese is melted and lightly golden, 8-10 minutes. Remove from the oven.

4. WONTON WRAPPERS Return the pan, wiped down, to high heat with enough oil to cover the base. When hot, fry the wonton wrappers until crispy and golden, 30-60 seconds per side. Drain on paper towel and season.

5. TIME TO EAT Dish up the saucy cheesy meatballs, top with dollops of sour cream, and side with the wonton wrappers for dipping. Well done, Chef!