

# UCCOOK

## Mediterranean Ostrich Meatballs

with roasted pumpkin & tzatziki

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	259kJ	2020kJ
Energy	62kcal	483kcal
Protein	5.1g	39.8g
Carbs	5g	39g
of which sugars	3g	21g
Fibre	1g	11g
Fat	2.5g	19.2g
of which saturated	0.6g	4.4g
Sodium	59.9mg	466.7mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Pumpkin Chunks
450g	600g	Free-range Ostrich Mince
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
15g	20g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
300g	400g	Cucumber <i>rinse &amp; roughly dice</i>
60g	80g	Pitted Kalamata Olives <i>drain &amp; halve</i>
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
90ml	125ml	Tzatziki

## From Your Kitchen

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

**1. ROASTED PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**2. MMMEATBALLS** In a bowl, combine the mince, ½ the sun-dried tomatoes, ½ the onion (to taste), and ½ the parsley. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

**3. COLOURFUL SALAD** In another bowl, mix together the pepper, the cucumber, the olives, the remaining onion, the remaining sun-dried tomato, the remaining parsley and the lemon juice (to taste). Toss through the salad leaves, a drizzle of olive oil (optional), season and set aside.

**4. INTO THE PAN** Place a pan over medium heat with a bit of cooking spray. When hot, fry the meatballs until browned and cooked through, 4-5 minutes, shifting as they colour. Remove from the pan.

**5. JUST LOOK AT THAT!** Make a bed of loaded salad. Top with the juicy meatballs and the pumpkin. Dollop over the tzatziki. Opa, Chef, dinner is ready!