



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: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

Carb Conscious

Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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Ingredients & Prep

400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
300g	Free-range Ostrich Mince
1	Garlic Clove <i>peel & grate</i>
5g	Fresh Oregano <i>rinse, pick & roughly chop</i>
20ml	NOMU One For All Rub
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
40g	Green Leaves <i>rinse</i>
40g	Almonds <i>roughly chop</i>
80g	Danish-style Feta <i>drain</i>
80ml	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 per portion. Set aside.

3. FRESH SALAD In a salad bowl, combine 10ml 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