



# UCOOK

## Beets, Whipped Feta & Beef Meatballs

with red pesto-dressed slaw


If you think feta is limited to being crumbed over a salad, we're whipping you into culinary shape with this recipe, Chef! A zesty dill-whipped feta is dolloped onto NOMU Cajun Rub-spiced browned beef meatballs. A side of coleslaw with a welcome kick of red pepper pesto and earthy beetroot pieces complete the dish. Finished with a flair of toasted hazelnuts.


**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Serves:** 3 People

**Chef:** Hellen Mwanza

 Carb Conscious

 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
30g	Hazelnuts <i>roughly chop</i>
90ml	Greek Yoghurt
90g	Danish-style Feta <i>drain</i>
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
30ml	Lemon Juice
300g	Cabbage <i>rinse &amp; thinly slice</i>
150g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>
60ml	Pesto Princess Red Pepper Pesto
12	Free-range Beef Meatballs
30ml	NOMU Cajun Rub

## From Your Kitchen

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

**1. READY THE ROOTS** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

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

**3. DILL-WHIPPED FETA** In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through ½ the chopped dill and ½ the lemon juice (to taste). Set aside.

**4. RED-PESTO SLAW** In a bowl, combine the sliced cabbage, the cucumber matchsticks, the red pesto, the remaining lemon juice, ½ the toasted nuts, a drizzle of olive oil, and seasoning. Set aside.

**5. MOUTHWATERING MEATBALLS** 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). In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan.

**6. UN-BEETABLE DINNER** Plate up the beef meatballs and dollop the dill-whipped feta on the side. Side with the roasted beetroot and the pesto-dressed slaw. Garnish with the remaining dill and toasted nuts. Enjoy!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	7g
Carbs	5g
of which sugars	1.7g
Fibre	1.8g
Fat	7.7g
of which saturated	3g
Sodium	232mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook  
within 3  
Days