



# UCOOK

## Beef Meatball Marinara

**with a garlic-herb baguette**

Indulge in the epitome of luxury, Chef! Crafted from premium beef, these succulent meatballs are simmered in a rich marinara sauce dotted with bocconcini balls. Accompanied by a golden, garlic-herb baguette, this dish is bound to elevate your dining experience to new culinary heights.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Morgan Otten

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Adventurous Foodie

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Laborie Estate | Laborie Merlot

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## Ingredients & Prep

300g	Free-Range Beef Mince
1	Onion <i>peel &amp; roughly dice</i>
5g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
30ml	Spicy Rub <i>(20ml NOMU Italian Rub &amp; 10ml Dried Chilli Flakes)</i>
60ml	White Wine
200ml	Tomato Passata
8	Bocconcini Balls <i>drain &amp; cut in half</i>
80g	Grated Mozzarella Cheese
5g	Fresh Thyme <i>rinse, pick &amp; roughly chop</i>
1	Garlic Clove <i>peel &amp; grate</i>
2	Sourdough Baguettes

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Sugar/Sweetener/Honey  
Butter

**1. MMMEATBALLS** In a bowl, combine the mince, ¼ of the diced onion, ½ the chopped oregano, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**2. BROWN THE MEATBALLS** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 1-2 minutes per side. Remove from the pan.

**3. MAKE THE MARINARA** Return the pan to medium heat with all the pan juices. Add a knob of butter. When hot, fry the remaining onion until soft and browned, 3-4 minutes. Add the spicy rub and fry until fragrant, 1-2 minutes. Pour in the wine and simmer until almost evaporated, 1-2 minutes. Mix in the tomato passata, 200ml of water, and simmer until slightly reduced, 5-6 minutes. Add a sweetener (to taste) and seasoning. Mix through the meatballs and pour the mixture into an ovenproof dish.

**4. MELTING MOMENT** Top the saucy meatballs with the halved bocconcini balls, the grated mozzarella cheese, and ¾ of the chopped thyme. Pop the dish into the hot oven and roast until the cheese is melted and the meatballs are cooked through, 8-10 minutes.

**5. GARLIC BREAD** In a small bowl, combine the grated garlic, the remaining thyme, 40ml of oil, and seasoning. Place the baguette on a chopping board and cut 4 horizontal incisions along the top - don't cut all the way through! Smear each incision with the garlic & herb oil and wrap the baguettes in tinfoil. Place on a baking tray and pop in the hot oven. Bake until warmed through, 10-12 minutes. In the final 3-5 minutes, remove the tinfoil and bake until crisp.

**6. WINNER OF A DINNER** Plate up the meatballs and all the sauce, and side with the garlic-herb baguettes to scoop up all the deliciousness. Garnish with the remaining oregano. Well done, Chef!

## Nutritional Information

Per 100g

Energy	723kJ
Energy	173kcal
Protein	9.3g
Carbs	15g
of which sugars	2.9g
Fibre	1.3g
Fat	8g
of which saturated	3.8g
Sodium	233mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Cow's Milk

Eat  
Within  
3 Days