



# UCOOK

## Chicken Meatballs & Creamy Sauce

with basmati rice & spinach

The classic chicken-and-rice combo is nice, but handmade chicken meatballs is a weekday dinner highlight, Chef! Browned until crispy on the outside but still juicy on the inside, these flavourbombs are coated in a tangy tomato paste & sour cream sauce, spiced with NOMU BBQ Rub. Add some fresh spinach, serve on fluffy basmati rice, and your winner dinner is done.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Simple & Save

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
600g	Free-range Chicken Mince
2	Onions <i>peel, finely dice ¼ &amp; finely slice ¾</i>
125ml	Tomato Paste
40ml	NOMU BBQ Rub
80g	Spinach <i>rinse</i>
125ml	Sour Cream

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. MEATBALL PREP** In a bowl, combine the mince, the diced onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**3. BROWN MEATBALLS** Place a pan over high heat with a drizzle of oil. When hot, fry the meatballs until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

**4. CREAMY SAUCE** Return the pan, wiped down if necessary, to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onions until soft and turning golden, 8-10 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in 400ml of water and simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, add the browned meatballs and the rinsed spinach. Remove from the heat, mix in the sour cream, and season. Loosen with a splash of warm water if it's too thick.

**5. DINNER IS READY** Make a bed of the fluffy rice and top with the meatballs in creamy sauce. Look at you, Chef!

## Nutritional Information

Per 100g

Energy	674kJ
Energy	161kcal
Protein	9g
Carbs	22g
of which sugars	2.6g
Fibre	1.5g
Fat	4.3g
of which saturated	1.5g
Sodium	171mg

## Allergens

Allium, Cow's Milk

Cook  
within 1  
Day