



UCOOK

Charred Cauli & Chicken Meatballs

with broccoli florets & fresh coriander

A medley of garlic & ginger-flavoured charred broccoli and cauliflower florets side a serving of Oriental spiced chicken meatballs, fried to golden perfection. A simple green salad of cucumber ribbons & leaves adds a pop of freshness. The dish is finished off with a creamy & zesty lemon-infused cottage cheese.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Waterford MCC

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Ingredients & Prep

200g	Broccoli Florets <i>cut into bite-sized pieces</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Onion <i>peeled & finely diced</i>
20g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
300g	Free-range Chicken Mince
10ml	NOMU Oriental Rub
60ml	Low Fat Cottage Cheese
20ml	Lemon Juice
80g	Green Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>peeled into ribbons</i>

From Your Kitchen

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

1. OFF TO A GRATE START Place a pot over medium-high heat with a drizzle of oil. When hot, fry the broccoli and cauli pieces until lightly charred, 6-7 minutes. Add ½ of the diced onions and fry until soft, 2-3 minutes. In the final 1-2 minutes, add the grated ginger & garlic. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan, mix through ½ the chopped coriander, and seasoning.

2. MOUTHWATERING MEATBALLS In a bowl, combine the mince, the remaining onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion.

3. FRY THE FLAVOURBOMBS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove and cover.

4. LOADED WITH FLAVOUR In a bowl, combine the cottage cheese with the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside. In a separate bowl, toss the rinsed leaves with the cucumber ribbons, a drizzle of olive oil, and seasoning.

5. THAT PLATE LOOKS GREAT! Plate up a bed of the fresh salad. Side with the charred cauli & broccoli. Serve with the chicken meatballs and drizzle over the lemon-laced cottage cheese. Sprinkle over the remaining coriander. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	267kJ
Energy	64kcal
Protein	6.1g
Carbs	4g
of which sugars	1.8g
Fibre	1.6g
Fat	2.2g
of which saturated	0.7g
Sodium	72mg

Allergens

Dairy, Allium, Sesame

Cook
within 1
Day