



QCOOK

Tender Beef Meatballs & Cowboy Sauce

with creamy mashed potatoes

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	625kJ	3717kJ
Energy	149kcal	889kcal
Protein	8.5g	50.3g
Carbs	8g	48g
of which sugars	1.2g	7.3g
Fibre	1.6g	9.6g
Fat	9.2g	54.5g
of which saturated	3.4g	20.3g
Sodium	103mg	611mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
90ml	125ml	Red Wine Vinegar
12	16	Beef Meatballs
90g	120g	Danish-style Feta <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Lemon Juice
30ml	40ml	Dijon Mustard
15ml	20ml	Ground Paprika
3	4	Spring Onions <i>rinse, trim & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Butter
Seasoning (salt & pepper)

1. SMASH THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. LET'S GET FANCY In a bowl, combine the cucumber, the vinegar, a splash of water and seasoning. Set aside.

4. MMMEATBALLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

5. NUTTY FETA SALAD Drain the pickling liquid from the cucumber. In a bowl, toss together the cucumber, the feta, the leaves, ½ the nuts, a drizzle of olive oil and seasoning. Set aside.

6. MUSTARD SAUCE Return the pan, wiped clean if necessary, to medium-high heat with a drizzle of oil (if necessary). When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add the lemon juice, the mustard, the paprika, 90g [120g] of butter, ½ the spring onion and cook until the butter has melted. Remove from the heat and season.

7. GRAB A KNIFE & FORK Plate up the creamy mash and serve the meatballs alongside. Drizzle with the buttery sauce and serve the tossed salad on the side. Garnish with the remaining nuts and spring onion.