



# UCOOK

## Greek Wagyu Kofta Salad

with Danish-style feta & charred green beans

A full-on-flavour Mediterranean version of a meatball. A bed of salad featuring briny olives, creamy feta, cucumber half-moons and greens is topped with these golden, butter-basted beef koftas. Sided with a caramelised onion and charred green bean medley, then finished with bagel seasoning.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes


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**Serves:** 4 People


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**Chef:** Hellen Mwanza

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 Carb Conscious

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

|      |   |
|------|---|
| 2    | Onions<br><i>peeled &amp; finely sliced</i>             |
| 320g | Green Beans<br><i>rinsed, trimmed &amp; halved</i>      |
| 80g  | Green Leaves<br><i>rinsed &amp; gently shredded</i>     |
| 200g | Cucumber<br><i>rinsed &amp; cut into half-moons</i>     |
| 80g  | Pitted Kalamata Olives<br><i>drained &amp; sliced</i>   |
| 120g | Danish-style Feta<br><i>drained &amp; crumbled</i>      |
| 10g  | Fresh Mint<br><i>rinsed, picked &amp; finely sliced</i> |
| 40ml | Lemon Juice   |
| 12   | Free-range Wagyu Meatballs<br><i>rolled into koftas</i> |
| 40ml | NOMU One For All Rub                                    |
| 40ml | Everything Bagel Spice Blend                            |

## From Your Kitchen

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

**1. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry  $\frac{3}{4}$  of the sliced onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**2. GREEN BEANS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan and add to the bowl of caramelised onion. Season, cover, and set aside.

**3. GREEK SALAD** In a bowl, toss together the shredded green leaves, the cucumber half-moons, the sliced olives,  $\frac{1}{2}$  the crumbled feta,  $\frac{1}{2}$  the sliced mint, the remaining fresh sliced onion (to taste), the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**4. GOLDEN KOFTAS** Place a pan or grill pan over medium heat with a drizzle of oil. When hot, fry the koftas until browned and cooked through, 4-5 minutes (shifting occasionally). In the final minute, baste the koftas with a knob of butter and the NOMU rub. Reserving the pan juices, remove from the pan.

**5. GORGEOUS GREEK DINNER!** Plate up a base of the hearty dressed salad and top with the golden koftas. Drizzle over the pan juices. Serve the green bean and onion mixture alongside. Crumble over the remaining feta and cover everything with the bagel seasoning. Garnish it all with the remaining sliced mint and there you have it!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 603kJ   |
| Energy             | 144kcal |
| Protein            | 7.2g    |
| Carbs              | 5g      |
| of which sugars    | 2.1g    |
| Fibre              | 1.6g    |
| Fat                | 10.5g   |
| of which saturated | 4.3g    |
| Sodium             | 202mg   |

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within 3  
Days