



UCOOK

Sweet 'n Sour Wagyu Beef Meatballs

with jasmine rice & toasted cashews

There is nothing better than wagyu beef meatballs, pineapple & onions coated in a sweet 'n sour sauce. Served over a base of jasmine rice and topped with toasted cashews & fresh chives.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Quick & Easy

 Creation Wines | Creation Syrah Grenache

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
40ml	Low Sodium Soy Sauce
10g	Fresh Chives
40g	Cashew Nuts
2	Onions
2	Garlic Cloves
240g	Pineapple Pieces
40g	Piquanté Peppers
16	Free-range Wagyu Beef Meatballs
250ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce & 125ml Rice Wine Vinegar)</i>

From Your Kitchen

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

1. SOY RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce (to taste), and cover.

2. PREP Rinse the chives. Roughly chop the cashew nuts and the rinsed chives. Peel the onions and cut into 1cm thick slices. Peel and grate the garlic. Drain the pineapple pieces and the piquanté peppers. Roughly chop the peppers.

3. GOLDEN CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. PERFECT BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the meatballs dry with paper towel. When hot, fry the meatballs until browned, 3-5 minutes per side. Remove from the pan and season.

5. SWEET & SOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 6-8 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the drained pineapple pieces, the sweet 'n sour sauce, and 80ml of sweetener. Bring to a boil, then immediately remove from the heat. Stir through the cooked meatballs and the chopped peppers until fully coated. Season.

6. SATISFYING SUPPER Serve up the soy-infused rice and smother in the sweet 'n sour meatballs. Scatter over the toasted cashews and the chopped chives. Simply gorgeous, Chef!

Nutritional Information

Per 100g

Energy	816kJ
Energy	195kcal
Protein	7.8g
Carbs	16g
of which sugars	4.3g
Fibre	0.8g
Fat	10.6g
of which saturated	3.9g
Sodium	193mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 3
Days