



U C O O K

— COOKING MADE EASY

JUICY WAGYU FRIKKADELS

with jasmine rice, roast cauli & a fragrant tomato sauce

Frikka are South African meatballs, traditionally braised in a thick sauce. We've made local even more lekker with sumptuous Wagyu beef, a rich tomato, oregano, and smoked paprika gravy, and a hearty cauli and baby spinach salad.

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha Finnegan

 **Easy Peasy**

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



Ingredients & Prep

600g	Cauliflower Florets <i>cut into bite-size pieces</i>
400ml	Jasmine Rice
12	Wagyu Beef Frikkadels
2	Onion <i>peeled & finely diced</i>
4	Garlic Cloves <i>peeled & grated</i>
15g	Fresh Origanum <i>rinsed, picked & roughly chopped</i>
5ml	Cape Herb & Spice Smoked Paprika
800g	Cooked Chopped Tomatoes
30ml	Cabernet Sauvignon Vinegar
160g	Baby Spinach <i>rinsed</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET THE CAULI CRISPY Preheat the oven to 200°C. Place a lightly greased baking tray in the oven to preheat for baking the Wagyu frikkadels later. Spread out the cauliflower pieces on a roasting tray, coat in oil, and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy.

2. JASMINE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 600ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. BAKE THE WONDROUS WAGYU Place the Wagyu frikkadels on the preheated baking tray and lightly drizzle over some oil. Bake in the hot oven for 12-15 minutes until cooked through and glossy, shifting halfway.

4. SPICY SAUCE! Place a large, deep saucepan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-5 minutes until soft, shifting occasionally. Add the grated garlic, chopped oregano, and smoked paprika, and fry for another 30-60 seconds until fragrant. Stir in the cooked chopped tomatoes and 200ml of water. Bring to a simmer and cook for 12-14 minutes until thickened and reduced by a third. On completion, add some seasoning and a sweetener of choice to taste, and remove the pan from the heat. Once the frikkadels are cooked, transfer to the pan of sauce and gently toss to coat.

5. TOSS THE VEGGIE SALAD In a salad bowl, combine the cab sauv vinegar with 2 tbsp of olive oil. Add in the rinsed baby spinach and the roast cauliflower, toss to coat, and season to taste.

6. PLATE UP & EAT UP! Serve up a mound of fluffy jasmine rice. Top with the juicy frikkadels and generously spoon over the thick sauce. Sprinkle with the fresh, chopped parsley and serve with the cauliflower and spinach salad on the side. Enjoy, Chef!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, fluffy texture!

Nutritional Information

Per 100g

Energy	527kj
Energy	126Kcal
Protein	5.2g
Carbs	14g
of which sugars	2.4g
Fibre	1.8g
Fat	5.4g
of which saturated	2g
Sodium	102mg

Allergens

Allium, Sulphites

Cook
within 3
Days