



UCOOK

Beets, Whipped Feta & Beef Meatballs

with red pesto-dressed slaw

If you think feta is limited to being crumbed over a salad, we're whipping you into culinary shape with this recipe, Chef! A zesty dill-whipped feta is dolloped onto NOMU Cajun Rub-spiced browned beef meatballs. A side of coleslaw with a welcome kick of red pepper pesto and earthy beetroot pieces complete the dish. Finished with a flair of toasted hazelnuts.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Hellen Mwanza

 Carb Conscious

 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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Ingredients & Prep

400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
20g	Hazelnuts <i>roughly chop</i>
60ml	Greek Yoghurt
60g	Danish-style Feta <i>drain</i>
5g	Fresh Dill <i>rinse, pick & roughly chop</i>
20ml	Lemon Juice
200g	Cabbage <i>rinse & thinly slice</i>
100g	Cucumber <i>rinse & cut into thin matchsticks</i>
40ml	Pesto Princess Red Pepper Pesto
8	Free-range Beef Meatballs
20ml	NOMU Cajun Rub

From Your Kitchen

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

1. READY THE ROOTS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

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

3. DILL-WHIPPED FETA In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through ½ the chopped dill and ½ the lemon juice (to taste). Set aside.

4. RED-PESTO SLAW In a bowl, combine the sliced cabbage, the cucumber matchsticks, the red pesto, the remaining lemon juice, ½ the toasted nuts, a drizzle of olive oil, and seasoning. Set aside.

5. MOUTHWATERING MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, baste with the NOMU rub and a knob of butter. Remove from the pan.

6. UN-BEETABLE DINNER Plate up the beef meatballs and dollop the dill-whipped feta on the side. Side with the roasted beetroot and the pesto-dressed slaw. Garnish with the remaining dill and toasted nuts. Enjoy!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	7g
Carbs	5g
of which sugars	1.7g
Fibre	1.8g
Fat	7.7g
of which saturated	3g
Sodium	232mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within 3
Days