



UCOOK

Swedish-style Wagyu Meatballs

with cranberry sauce, baby potatoes & fresh beetroot


For a speedy midweek meal with a difference, why not try our Swedish meatballs in a creamy sauce? The recipe takes minimum effort for maximum flavour, perfect for when time is of the essence.


Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Warwick Wine Estate | Professor Black Pitch Black

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Ingredients & Prep

| | |
|-------|---|
| 250g | Baby Potatoes <i>halved</i> |
| 3 | Free-range Wagyu Meatballs |
| 5ml | Chicken Stock |
| 10ml | Cake Flour |
| 2,5ml | Allspice |
| 100ml | Fresh Cream |
| 1 | Lemon <i>½ zested & cut into wedges</i> |
| 10ml | Worcestershire Sauce |
| 10ml | White Wine Vinegar |
| 4g | Fresh Dill <i>rinsed, picked & roughly chopped</i> |
| 150g | Beetroot <i>trimmed, peeled & sliced into thin matchsticks</i> |
| 30ml | Cranberry Sauce |
| 25g | Danish-style Feta <i>drained</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. SPUDTACULAR Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and some seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. MEATBALL PREP Boil the kettle. Place a pan (with a lid) over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 4-5 minutes until browned but not cooked through, shifting occasionally. Remove from the pan on completion and drain on paper towel. Dilute the stock with 50ml boiling water.

3. BEGIN THE SAUCE Return the pan, wiped down if necessary, to a low-medium heat with 5g of butter. Once melted, vigorously whisk in the flour and the allspice (to taste) to form the roux. Cook out for 1-2 minutes, whisking constantly. Gradually pour in the diluted stock and the fresh cream, continuing to whisk constantly. Leave to simmer for 5-6 until smooth and saucy.

4. BRING IT TOGETHER Once the sauce is done, add the meatballs. Coat in the sauce, cover with the lid and gently simmer for 5-6 minutes or until cooked through. Season with a squeeze of lemon juice, the Worcestershire sauce (to taste), some salt, and pepper.

5. A FRESH START In a salad bowl, combine the white wine vinegar, lemon zest, a drizzle of oil, ½ the chopped dill, and some seasoning. Add the beetroot matchsticks and toss until fully coated. Loosen the cranberry sauce with water in 10ml increments until drizzling consistency.

6. TIME TO DINE! Dish up the beautifully roasted baby potatoes with the succulent meatballs and sauce alongside. Drizzle the cranberry sauce over the saucy meatballs. Pile on the beetroot salad and crumble over the drained feta. Garnish it all with the remaining chopped dill and serve any remaining lemon wedges on the side.



Chef's Tip

If you're not a fan of raw beetroot, simply blanch your beetroot matchsticks in a pot of boiling water for a few minutes until the desired softness.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 681kJ |
| Energy | 163Kcal |
| Protein | 5.1g |
| Carbs | 11g |
| of which sugars | 4.1g |
| Fibre | 1.1g |
| Fat | 10.6g |
| of which saturated | 5.5g |
| Sodium | 172mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days