



# UCCOOK

## Homemade Chicken Meatballs

with Florentine-style sauce

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jenna Peoples

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 345kJ    | 2075kJ      |
| Energy             | 82kcal   | 496kcal     |
| Protein            | 6.9g     | 41.3g       |
| Carbs              | 8g       | 46g         |
| of which sugars    | 2g       | 12g         |
| Fibre              | 1g       | 9g          |
| Fat                | 2.4g     | 14.5g       |
| of which saturated | 0.7g     | 4.3g        |
| Sodium             | 182mg    | 1095mg      |

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                           |
|----------|------------|-----------------------------------------------------------|
| 150g     | 300g       | Baby Potatoes<br><i>rinse &amp; halve</i>                 |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>             |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; roughly chop</i>          |
| 150g     | 300g       | Free-range Chicken Mince                                  |
| 7.5ml    | 15ml       | NOMU Italian Rub                                          |
| 5ml      | 10ml       | Chicken Stock                                             |
| 125g     | 250g       | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i> |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                   |
| 40g      | 80g        | Spinach<br><i>rinse</i>                                   |
| 40ml     | 80ml       | Low Fat Cottage Cheese                                    |

## From Your Kitchen

Cooking Spray  
Seasoning (salt & pepper)  
Water

**1. RUSTIC MASH** Preheat the oven to 200°C. Spread the potatoes on a roasting tray with a little bit of cooking spray and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the potatoes in a bowl and mash with a fork, adding a splash of water if it's difficult to mash. Season and set aside.

**2. ON A ROLL** In a bowl, combine ½ the onion, ½ the parsley, the chicken mince, the NOMU rub and some seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**3. MMMUSHROOMS** Boil the kettle. Dilute the stock with 100ml [200ml] of hot water. Place a pan over medium heat with some cooking spray. When hot, fry the remaining onion until golden, 4-5 minutes (shifting occasionally). Add the mushrooms and fry until golden, 5-6 minutes. In the final 1-2 minutes, add the garlic and remove from the pan.

**4. FLAVOURBOMS & FLORENTINE SAUCE** Return the pan to medium heat (no need to add cooking spray or wipe it down). Fry the meatballs until browned but not cooked through, 1-2 minutes (shifting occasionally). Add the onion and mushroom mix back to the pan, along with the diluted stock. Simmer until slightly reduced, 5-6 minutes. In the final 2-3 minutes, add the spinach and simmer until wilted. Remove from the heat and gently mix in the cottage cheese. If the sauce needs to be reduced more, return the pan to low heat once the cottage cheese is fully incorporated into the sauce. Season.

**5. SAVOUR THE FLAVOUR** Make a bed of the rustic mashed potatoes, topped with the creamy spinach sauce. Finish off with the meatballs and the remaining parsley. There you go, Chef!

**Chef's Tip** If you don't want rustic mash, place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Mash with a fork, adding a splash of water if it gets difficult to mash.