



UCOOK

Stuffed Greek Lamb Meatballs

with a butter bean mash & fresh green leaves

Put on your chef hat! In this recipe you are going to stuff lamb meatballs with a creamy Danish-style feta and olive filling, and whip up your own delicious butter bean mash in no time at all. Chef level recipes don't have to be complicated, but they are always delicious!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Range Cabernet Sauvignon 2016

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Ingredients & Prep

40g	Danish-style Feta <i>drained</i>
25g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
10ml	NOMU Moroccan Rub
150g	Free-range Lamb Mince
120g	Butter Beans <i>drained & rinsed</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>cut into thick wedges</i>
10g	Pumpkin Seeds
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. OLIVE YOU Place the drained feta, the chopped olives, and ½ the rub in a bowl. Mix until the feta becomes a paste-like consistency. In a separate bowl, combine the mince, the remaining rub, and a crack of pepper. Divide the mince mixture into 3 portions. Wet your hands slightly to prevent the mince from sticking to them. Using the palm of your hand, gently flatten a portion of the mince and place some of the feta and olive paste in the center. Gently press the mince around the filling, fully enclosing it. Gently roll it in your hands to create a smooth meatball, being careful to not push the filling out! Repeat with the remaining portions of mince and the feta paste. Set aside in the fridge until frying.

2. BUTTER BEAN IS ON THE SCENE Place a pot over a medium-high heat with the rinsed beans and 1 tbsp of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter and some seasoning. Place in a blender or mash with a fork or potato masher until the desired consistency. If it's too thick add a splash of water or milk. Cover to keep warm.

3. IT'S FINALLY FRY-DAY Place a pan over high heat with a drizzle of oil. When hot, fry the pepper pieces for 3-5 minutes until charred but still crunchy. Remove from the pan and place in a bowl. Add the rinsed green leaves, the tomato wedges, ½ the pumpkin seeds, a drizzle of oil, and seasoning. Toss until combined.

4. GOLDEN & GORGEOUS Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the stuffed meatballs for 4-5 minutes per side until golden and cooked through. Remove from the heat and rest for 2 minutes before serving.

5. YUM! Make a bed of the butter bean mash. Top with the juicy stuffed meatballs. Sprinkle over the chopped parsley and the remaining seeds. Side with the colourful salad. It's a Chef's life and we're loving it!

Nutritional Information

Per 100g

Energy	504kj
Energy	121kcal
Protein	8.2g
Carbs	6g
of which sugars	1.8g
Fibre	2.3g
Fat	7g
of which saturated	3g
Sodium	235mg

Allergens

Dairy, Sulphites

Cook
within 3
Days