

UCOOK

North African Beef Meatballs

with saffron pearled couscous, a tomato passata sauce & golden sultanas


Get ready to embark on a journey of bold flavours! Our juicy beef meatballs are paired with a savoury tomato passata sauce infused with aromatic spices & sweet sultanas. The fragrant & slightly sweet saffron couscous adds a luscious texture to the dish and creates the perfect base for the tender meatballs. Garnished with a sprinkle of fresh coriander to elevate all those complex & yummy flavours.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation Merlot

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Ingredients & Prep

225ml	Pearled Couscous <i>rinsed</i>
150ml	Golden Water <i>(0,9g Saffron & 150ml Water)</i>
60g	Golden Sultanas
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
360g	Carrot <i>peeled, trimmed & roughly diced</i>
2	Onions <i>1½ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Moroccan Rub
300ml	Tomato Passata
3	Cinnamon Sticks
450g	Free-range Beef Mince

From Your Kitchen

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

1. GOLDEN PEARLS Place the rinsed couscous in a pot with the golden water and 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 10-15 minutes. Drain and toss through the sultanas, ½ the chopped coriander, a drizzle of olive oil, and seasoning. Cover.

2. ALL THE AROMATICS Place a pan over medium heat with a drizzle of oil. When hot, add the diced carrot and ¾ of the diced onion. Fry until starting to soften, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the cinnamon sticks, and 300ml of water. Simmer until slightly reduced and thickened, 6-8 minutes. Season with a sweetener, salt, and pepper. Don't forget to remove the cinnamon sticks!

3. NICE TO MEAT YOU While the sauce is simmering, place the mince, the remaining onion (to taste), and seasoning in a bowl. Mix until combined and form into 4-5 meatballs per portion.

4. SMELLS SO GOOD... Place a pan over medium-high heat with a drizzle of oil. When hot, add the meatballs and fry until browned and cooked through, 4-5 minutes (shifting as they colour). You may need to do this step in batches.

5. BON VOYAGE! Plate up the golden couscous. Serve with the tomato sauce topped with the meatballs. Sprinkle over the remaining coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	598kJ
Energy	143kcal
Protein	7g
Carbs	16g
of which sugars	5.7g
Fibre	2.7g
Fat	5.1g
of which saturated	1.9g
Sodium	139mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days