

UCCOOK

Mediterranean Ostrich Meatballs

with roasted pumpkin & tzatziki

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	259kJ	2020kJ
Energy	62kcal	483kcal
Protein	5.1g	39.8g
Carbs	5g	39g
of which sugars	3g	21g
Fibre	1g	11g
Fat	2.5g	19.2g
of which saturated	0.6g	4.4g
Sodium	59.9mg	466.7mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Pumpkin Chunks
150g	300g	Free-range Ostrich Mince
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
5g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
10ml	20ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30ml	60ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROASTED PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MMMEATBALLS In a bowl, combine the mince, ½ the sun-dried tomatoes, ½ the onion (to taste), and ½ the parsley. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

3. COLOURFUL SALAD In another bowl, mix together the pepper, the cucumber, the olives, the remaining onion, the remaining sun-dried tomato, the remaining parsley and the lemon juice (to taste). Toss through the salad leaves, a drizzle of olive oil (optional), season and set aside.

4. INTO THE PAN Place a pan over medium heat with a bit of cooking spray. When hot, fry the meatballs until browned and cooked through, 4-5 minutes, shifting as they colour. Remove from the pan.

5. JUST LOOK AT THAT! Make a bed of loaded salad. Top with the juicy meatballs and the pumpkin. Dollop over the tzatziki. Opa, Chef, dinner is ready!