



# UCOOK

## Charred Cauli & Chicken Meatballs

**with broccoli florets & fresh coriander**

A medley of garlic & ginger-flavoured charred broccoli and cauliflower florets side a serving of Oriental spiced chicken meatballs, fried to golden perfection. A simple green salad of cucumber ribbons & leaves adds a pop of freshness. The dish is finished off with a creamy & zesty lemon-infused cottage cheese.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Carb Conscious

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 Waterford Estate | Waterford MCC

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## Ingredients & Prep

100g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled &amp; finely diced</i>
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
150g	Free-range Chicken Mince
5ml	NOMU Oriental Rub
30ml	Low Fat Cottage Cheese
10ml	Lemon Juice
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
100g	Cucumber <i>peeled into ribbons</i>

## From Your Kitchen

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

**1. OFF TO A GRATE START** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the broccoli and cauli pieces until lightly charred, 5-6 minutes. Add ½ of the diced onions and fry until soft, 2-3 minutes. In the final 1-2 minutes, add the grated ginger & garlic. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan, mix through ½ the chopped coriander, and seasoning.

**2. MOUTHWATERING MEATBALLS** In a bowl, combine the mince, the remaining onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs.

**3. FRY THE FLAVOURBOMBS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove and cover.

**4. LOADED WITH FLAVOUR** In a bowl, combine the cottage cheese with the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside. In a separate bowl, toss the rinsed leaves with the cucumber ribbons, a drizzle of olive oil, and seasoning.

**5. THAT PLATE LOOKS GREAT!** Plate up a bed of the fresh salad. Side with the charred cauli & broccoli. Serve with the chicken meatballs and drizzle over the lemon-laced cottage cheese. Sprinkle over the remaining coriander. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	267kJ
Energy	64kcal
Protein	6.1g
Carbs	4g
of which sugars	1.8g
Fibre	1.6g
Fat	2.2g
of which saturated	0.7g
Sodium	72mg

## Allergens

Dairy, Allium, Sesame

Cook  
within 1  
Day