



UCOOK

Jalapeño Yoghurt & Beef Meatballs

with cheesy black beans & butternut

Soon you will be feasting on mmmouthwatering beef meatballs, dished up on a beautiful bed of oven roasted black beans & crispy kale, elevated with fresh oregano & melted Italian-style hard cheese. Served with cumin-infused butternut and a spicy yoghurt.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jenna Peoples

Carb Conscious

Painted Wolf Wines | The Den Shiraz

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Ingredients & Prep

1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
30ml	Ground Cumin
200g	Kale <i>rinse & roughly shred</i>
240g	Black Beans <i>drain & rinse</i>
80g	Italian-style Hard Cheese <i>grate</i>
10g	Fresh Oregano <i>rinse, pick & finely chop</i>
200ml	Low Fat Plain Yoghurt
60g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
16	Beef Meatballs

From Your Kitchen

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

1. ROASTED BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil, half the cumin and some seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CHEESY VEGGIES Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Transfer to a new baking tray. In another bowl, mix the drained black bean, the grated cheese, ½ the chopped oregano, the remaining cumin and some olive oil. Mix to fully coat the beans then toss over the kale. When the butternut has 10 minutes remaining, place the kale and beans into the oven and roast for the remaining time.

3. SPICY YOGHURT In a bowl, combine the yoghurt, the remaining oregano, and the chopped jalapeños. Mix well and season.

4. FLAVOURBOMBS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

5. GRAB A PLATE Make a bed of the crispy kale. Top with the roasted butternut and the crispy beans and the juicy meatballs. Drizzle over the creamy jalapeños and dig in!

Nutritional Information

Per 100g

Energy	537kJ
Energy	129kcal
Protein	8.1g
Carbs	7g
of which sugars	1.3g
Fibre	1.6g
Fat	7.1g
of which saturated	2.8g
Sodium	79mg

Allergens

Cow's Milk, Egg, Sulphites

Eat
Within
3 Days