

Eat Within 3 Days

Cheesy Wagyu Meatballs & Wonton Dippers

with thyme & sour cream

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	777kJ	4600kJ
Energy	186kcal	1100kcal
Protein	8.9g	52.7g
Carbs	8g	49g
of which sugars	2.8g	16.4g
Fibre	1.1g	6.8g
Fat	12.6g	74.8g
of which saturated	5.6g	32.9g
Sodium	200mg	1185mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
4	8	Beef Wagyu Meatballs
1	1	Onion *peel & roughly dice ½ [1]*
1	1	Garlic Clove *peel & grate*
25ml	50ml	Spice Blend *(5ml [10ml] NOMU Italian Rub, 5ml [10ml] Garlic Powder, 10ml [20ml] NOMU BBQ Rub & 5ml [10ml] Dried Thyme)*
100ml	200ml	Tomato Passata
50g	100g	Cheddar Cheese *grate*
5	10	Wonton Wrappers *cut into triangles*
40ml	80ml	Sour Cream

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. MEATBALLS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until lightly golden but not cooked through, 1-2 minutes (shifting as they colour). Remove from the pan and place in an ovenproof dish.

2. SAUCE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic and spice blend. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the cheese.

3. CHEESY MOMENT Place the ovenproof dish in the hot oven and bake until the cheese is melted and lightly golden, 8-10 minutes. Remove from the oven.

4. WONTON WRAPPERS Return the pan, wiped down, to high heat with enough oil to cover the base. When hot, fry the wonton wrappers until crispy and golden, 30-60 seconds per side. Drain on paper towel and season.

5. TIME TO EAT Dish up the saucy cheesy meatballs, top with dollops of sour cream, and side with the wonton wrappers for dipping. Well done, Chef!

Chef's Tip Wonton wrappers are traditionally made from wheat flour and can be used for much more than dumplings, try baking them until crispy for a light crunch!