

# QCOOK

## Venison Meatballs & Mustard Cabbage

with roasted veggies

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Grootse Post Winery | Grootse Post Old Man's Blend Red Blend

### Nutritional Info

	Per 100g	Per Portion
Energy	372kj	2741kj
Energy	89kcal	656kcal
Protein	7.6g	56.4g
Carbs	6g	46g
of which sugars	2.6g	19.1g
Fibre	1.9g	13.7g
Fat	3.3g	24.2g
of which saturated	1.7g	12.5g
Sodium	176mg	1298mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
450g	600g	Free-range Venison Mince
2	2	Garlic Cloves <i>peel &amp; garte</i>
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
450g	600g	Cauliflower Florets <i>rinse</i>
240g	320g	Green Beans <i>rinse &amp; cut in half</i>
90g	120g	Cannellini Beans <i>drain &amp; rinse</i>
30ml	40ml	NOMU One For All Rub
300g	400g	Cabbage <i>rinse &amp; thinly slice</i>
45ml	60ml	Wholegrain Mustard
150ml	200ml	Fresh Cream
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

**1. PREP** Preheat the oven to 200°C. In a bowl, combine the mince, garlic, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**2. ROAST** Spread the cauliflower, green beans, and the cannellini beans on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden and cooked through, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**3. MEATBALLS** Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 4-6 minutes (shifting occasionally). Remove from the pan.

**4. MUSTARD CABBAGE** Return the pan to medium heat with a drizzle of oil if necessary. Fry the cabbage and the remaining onion until lightly golden, 6-8 minutes (shifting occasionally). Mix in the mustard, the cream, 300ml [400ml] of water and the meatballs. Simmer until combined, and the meatballs are cooked through and creamy, 6-10 minutes. Remove from the heat and season.

**5. TIME TO EAT** Plate up the roast, top with the loaded creamy venison meatballs, sprinkle over the coriander, and enjoy, Chef!