



# UCOOK

## Greek Lamb Meatballs

**with roast butternut, butter bean mash & fresh mint**

Succulent meatballs baked in a tomato sauce and sided with roast olives, onions and butternut. Served on a bed of butter bean mash and sprinkled with fresh mint. Divine!

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**Hands-On Time:** 20 minutes

**Overall Time:** 50 minutes

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**Serves:** 1 Person

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**Chef:** Sarah Hewitt

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♥ Health Nut

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🍷 Robertson Winery | Extra Light Merlot

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## Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
5ml	Vegetable Stock
7,5ml	Tomato Paste
1	Garlic Clove <i>peeled &amp; grated</i>
150g	Free-range Lamb Mince
62.5ml	Herb Crumb <i>(50ml Panko Breadcrumbs, 5ml NOMU Provençal Rub &amp; 7,5ml Dried Oregano)</i>
1	Red Onion <i>½ peeled &amp; cut into thick wedges</i>
25g	Pitted Kalamata Olives <i>drained &amp; halved</i>
120g	Butter Beans <i>drained &amp; rinsed</i>
4g	Fresh Mint <i>picked, rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Milk (optional)  
Blender (optional)

**1. ROASTING TIME** Boil the kettle. Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. HAVE A BALL!** Dilute the stock and the tomato paste with 50ml of boiling water. In a bowl, place the grated garlic, the mince, the herb crumb, and some seasoning. Mix until fully combined. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs. Place the meatballs in an ovenproof dish with the onion wedges and the olives. Coat in oil and some seasoning. Pour in the diluted tomato stock. Pop in the oven and roast for 15-20 until the meatballs and veggies are cooked and starting to brown.

**3. THE MASH UP** Place a pot over a medium-high heat with the rinsed beans and 1 tbsp of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter and some seasoning. Place in a blender or mash with a fork or potato masher until desired consistency. If it's too thick add a splash of water or milk.

**4. ALMOST THERE** Once the veggies are cooked, remove the onions and olives from the tray and toss with the roasted butternut, reserving the meatballs and sauce on the tray.

**5. LET'S EAT!** Make a bed of butter bean mash and top with the meatballs drizzled with the tomato sauce. Side with the roasted veggies. Garnish with the chopped mint and enjoy the beautiful food, Chef!

## Nutritional Information

Per 100g

Energy	548kj
Energy	131Kcal
Protein	8.3g
Carbs	12g
of which sugars	1.9g
Fibre	2.7g
Fat	5.4g
of which saturated	2.1g
Sodium	256mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days