

QCOOK

Umami Mushroom Beef Meatballs

with edamame beans & carrot

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | 7even Shiraz Grenache

Nutritional Info	Per 100g	Per Portion
Energy	512kj	3347kj
Energy	123kcal	801kcal
Protein	7.1g	46.1g
Carbs	8.7g	56.6g
of which sugars	4.7g	30.5g
Fibre	1.8g	11.7g
Fat	6.4g	41.8g
of which saturated	2.3g	14.9g
Sodium	188mg	1231mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into rounds</i>
50g	100g	Edamame Beans
5ml	10ml	White Sesame Seeds
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
4	8	Beef Meatballs
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
30ml	60ml	Umami Sauce <i>(20ml [40ml] Sweet Indo Soy Sauce, 2,5ml [5ml] Fish Sauce & 7,5ml [15ml] Sambal Oelek)</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Seasoning (salt & pepper)

Oil (cooking, olive or coconut)

Water

1. GOLDEN CARROT Boil the kettle. Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. EDAMAME BEANS & SESAME Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan.

4. MEATBALLS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. In the final 1-2 minutes, add the garlic and ginger and fry until fragrant. Mix in the umami sauce, 2 tbsp [4 tbsps] of water, and mushrooms. Cook until reduced and slightly sticky, 2-4 minutes. Remove from the pan.

5. TIME TO EAT Bowl up the carrot, top with the loaded meatballs, and scatter over the edamame beans. Finish with a scatter of spring onion (to taste), peppers, and sesame seeds. Enjoy, Chef!