



# UCOOK

## Napoletana Beef Meatballs

with fresh spinach

As one of the most popular dishes to make around the world, every culture has their unique version of meatballs. This Italian version pairs browned beef meatballs with a luxuriously tangy tomato sauce called Napoletana. Served on a bed of steaming basmati rice.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Jemimah Smith

---

Simple & Save

---

Laborie Estate | Laborie Merlot 2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|      |   |
|------|---|
| 75ml | White Basmati Rice<br><i>rinse</i>          |
| 150g | Beef Mince                                  |
| 1    | Onion<br><i>peel &amp; roughly dice ½</i>   |
| 10ml | NOMU Italian Rub                            |
| 15ml | Tomato Paste                                |
| 100g | Cooked Chopped Tomato                       |
| 20g  | Spinach<br><i>rinse &amp; roughly shred</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Sugar/Sweetener/Honey

**1. NICE RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. FLAVOURBOMBS** In a bowl, combine the mince, ¼ of the diced onion, and ½ the NOMU rub. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the meatballs until browned but not cooked through, 2-3 minutes (shifting occasionally). Remove from the pan.

**3. START THE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until golden, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub and the tomato paste, and fry until fragrant, 1-2 minutes.

**4. ALL TOGETHER NOW** Add the cooked chopped tomato, and 100ml of water. Simmer until slightly reduced, 8-10 minutes. Add the charred meatballs, the rinsed spinach, a sweetener (to taste), and seasoning.

**5. DISH UP & ENJOY** Plate up the rice and top with the napoletana meatballs. Enjoy!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 606kj   |
| Energy             | 145kcal |
| Protein            | 7.1g    |
| Carbs              | 16g     |
| of which sugars    | 2.7g    |
| Fibre              | 1.4g    |
| Fat                | 5.8g    |
| of which saturated | 2.2g    |
| Sodium             | 61mg    |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days