



UCOOK

One-tray Beef Meatballs & Veg

with a dill yoghurt, roasted almonds & fresh salad leaves

Indulge in juicy beef meatballs, tender potatoes, and sweet beetroot all cooked to perfection on one tray. Served with a tangy dill yoghurt and crunchy almonds, this dish is a flavour explosion in every bite!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Waterkloof | Peacock Cabernet Sauvignon**

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

Ingredients & Prep

400g	Potato <i>rinsed & cut into bite-sized chunks</i>
300g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
20ml	NOMU African Rub
300g	Beef Mince
40g	Almonds <i>roughly chopped</i>
80ml	Low Fat Plain Plain Yoghurt
5g	Fresh Dill <i>rinsed & finely chopped</i>
40g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. OVEN-ROASTED AROMAS Preheat the oven to 200°C. Place the potato chunks and the beetroot chunks on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. MAKE THE MEATBALLS In a bowl, combine the mince, the remaining rub, and seasoning. Roll into 6 meatballs. Wet your hands slightly to prevent the mixture from sticking to them.

3. ROAST UNTIL READY When the roast has 10-12 minutes remaining, scatter the meatballs over the roast and roast for the remaining time until cooked through.

4. ALMOST THERE When the roast has 3-5 minutes remaining, sprinkle the chopped almonds over the roast. In a bowl, combine the yoghurt, ½ the chopped dill, a splash of water, and seasoning.

5. DILL-ICIOUS DINNER! Make a bed of the shredded salad leaves. Top with the loaded roast and drizzle over the dill yoghurt. Sprinkle over the remaining dill. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	6.9g
Carbs	9g
of which sugars	1g
Fibre	2.1g
Fat	6.9g
of which saturated	2.1g
Sodium	134mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days