

UCCOOK

Feta Pork Bites

with feta cheese & spinach

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	733kJ	4095kJ
Energy	175kcal	980kcal
Protein	8.4g	47g
Carbs	19g	104g
of which sugars	2.6g	14.8g
Fibre	1.6g	9.2g
Fat	7.2g	40g
of which saturated	2.8g	15.7g
Sodium	171mg	955mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Penne Pasta
450g	600g	Pork Mince
2	2	Onions <i>peel & finely dice 1½ [2]</i>
60g	80g	Danish-style Feta <i>drain</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
45ml	60ml	NOMU Spice Blend <i>(15ml [20ml] NOMU Italian Rub & 30ml [40ml] NOMU One For All Rub)</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. MMMINCE In a bowl, combine the mince, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Stuff each meatball with a cube of feta. Set aside.

3. MAKE THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

4. TASTY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the remaining onion until soft, 4-5 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the chopped tomatoes, the NOMU spice blend, 450ml [600ml] of water and a sweetener (to taste). Simmer until thickened, 12-15 minutes. Remove the pan from the heat and mix through the spinach.

5. LOOK AT THAT! Dish up the pasta, and top with the tomato sauce, and the stuffed meatballs. Crumble over any remaining feta.