



UCCOOK

Mediterranean Venison Frikkadels

with baby potatoes & cottage cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	344kj	2028kj
Energy	82kcal	485kcal
Protein	8.9g	52.6g
Carbs	8g	47g
of which sugars	2g	13g
Fibre	1g	8g
Fat	1.7g	9.8g
of which saturated	0.5g	2.9g
Sodium	180.9mg	1067.2mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Kale <i>rinse & roughly shred</i>
20	40	Peppadew - Sweet Piquante Peppers Whole
200g	400g	Baby Potatoes <i>rinse & halve</i>
150g	300g	Free-range Venison Mince
20g	40g	Sun-dried Tomatoes <i>finely chop</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
2.5ml	5ml	Dried Oregano
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
10ml	20ml	Lemon Juice
40ml	80ml	Low Fat Cottage Cheese

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. ROASTED POTS Preheat the oven to 200°C. Place the kale in a bowl and lightly coat in cooking spray or a drizzle of oil (optional) and seasoning. Using your hands, gently massage until softened. Spread the baby potatoes on a roasting tray. Coat in cooking spray or a drizzle of oil (optional) and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the potatoes have 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

2. MMMEATBALLS In a bowl, combine the mince, ½ the sun-dried tomatoes, onion (to taste) and the oregano. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. COLOURFUL SALAD In another bowl, mix together the pepper, cucumber, olives, remaining sun-dried tomato, and the lemon juice (to taste). Toss through the crispy kale, season and set aside.

4. INTO THE PAN Place a pan over medium heat. When hot, add the meatballs and lightly coat in cooking spray or add a drizzle of oil to the pan (optional). Fry until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

5. JUST LOOK AT THAT! Make a bed of loaded salad. Top with the juicy meatballs and the roasted potatoes. Dollop over the cottage cheese. Opa, Chef, dinner is ready!