

UCCOOK

Umami Mushroom Beef Meatballs

with edamame beans & carrot

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	522kJ	3410kJ
Energy	125kcal	816kcal
Protein	7.1g	46.2g
Carbs	9g	60g
of which sugars	5.2g	33.8g
Fibre	1.8g	11.8g
Fat	6.4g	41.8g
of which saturated	2.3g	14.9g
Sodium	194mg	1270mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into rounds</i>
150g	200g	Edamame Beans
15ml	20ml	White Sesame Seeds
190g	250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
12	16	Beef Meatballs
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
90ml	120ml	Umami Sauce <i>(60ml [80ml] Sweet Indo Soy Sauce, 7,5ml [10ml] Fish Sauce & 22,5ml [30ml] Sambal Oelek)</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 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. Fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan.

4. MEATBALLS Return the pan to medium heat with a drizzle of oil. 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, 6 tbsp [8tbsp] of water, and mushrooms. Cook until reduced and slightly sticky, 4-6 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!