



# UCOOK

## Mediterranean Chicken Meatballs

**with a baby potato, hummus & sun-dried tomato jumble**

A dish sent from the Greek gods! Whip some tangy hummus for a creamy addition to a moreish jumble of crispy baby potatoes and sun-dried tomatoes. Atop this heavenly heap sit juicy, herbed meatballs. Tangy, fresh, filling, and simply summery!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Alex Levett

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 Easy Peasy

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 Haute Cabrière | Pinot Noir Réserve

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## Ingredients & Prep

250g	Baby Potatoes <i>halved</i>
22,5ml	Pickling Liquid <i>(15ml White Wine Vinegar &amp; 7,5ml Honey)</i>
50g	Cucumber <i>sliced into thin half-moons</i>
150g	Chicken Mince
1	Garlic Clove <i>peeled &amp; grated</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
7,5ml	NOMU Poultry Rub
5g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
45ml	Hummus
25g	Sun-dried Tomatoes <i>drained &amp; chopped</i>
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. CRISPY 'TATERS** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. PICKLE TIME** In a small bowl, add the pickling liquid, toss through the cucumber half-moons with a pinch of salt and a sweetener of choice. Set aside to pickle for at least 5 minutes.

**3. WHAT A BALL** Place the mince in a bowl, add in the grated garlic, white spring onion slices, poultry rub, ½ the chopped oregano and season. Mix until well combined. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs and place on a lightly greased baking tray.

**4. WHIP IT REAL GOOD!** Drain the pickling liquid from the cucumbers and reserve. Blend the hummus with a touch of water or milk until drizzling consistency. If you don't have a blender, simply whip vigorously using a whisk. Mix in a drizzle of the reserved pickling liquid, season, and refrigerate until serving.

**5. COLOUR EQUALS FLAVOUR** When the potato reaches the halfway mark, place a pan on medium heat and cook the meatballs for 6-8 minutes until browned and cooked through, shifting halfway. Remove from the pan on completion and allow to rest for 2-3 minutes before serving.

**6. MEDITERRANEAN TOUCH!** When the potato has 5 minutes remaining, remove from the oven and add the chopped sun-dried tomatoes to the tray. Toss together with some pickling liquid to taste. Return to the oven and cook for 4-5 minutes until fragrant. In a bowl, toss the rinsed green leaves and pickled cucumber half-moons with a drizzle of oil and some seasoning.

**7. WELCOME TO THE MED** Smear a generous dollop of hummus whip across the side of your plate. Dish up the potato jumble on one side and the salad on the other. Top the pile of potatoes with the meatballs and garnish with the remaining chopped oregano, feta and the green spring onion slices. Time to devour!

## Nutritional Information

Per 100g

Energy	500kj
Energy	119Kcal
Protein	7g
Carbs	11g
of which sugars	3.5g
Fibre	1.8g
Fat	5g
of which saturated	1.9g
Sodium	188.4mg

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within 3  
Days