



UCOOK

Beetballs & Bocconcini

with fresh basil & a homemade tomato sauce

Tender flavourful DIY beetballs pair perfectly with beetroot pasta served with a homemade tomato sauce, bocconcini balls, fresh basil and walnuts.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Vegetarian

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
100g	Pasta Regalo Beetroot Tagliatelle
1	Onion <i>½ peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
10ml	Dried Oregano
5ml	Tomato Paste
100ml	Tomato Passata
60g	Black Beans <i>drained & rinsed</i>
40ml	Panko Breadcrumbs
3	Bocconcini Balls <i>halved</i>
20g	Walnuts <i>roughly chopped</i>
3g	Fresh Basil <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. LET'S BEGIN Boil the kettle. Place a pot of cold salted water over a high heat. Add the beetroot pieces and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain on completion.

2. SAUCY Fill a pot, for the pasta, with boiling water and bring back up to a boil. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until translucent, shifting occasionally. Add the grated garlic, oregano, and tomato paste. Fry for 1 minute, shifting constantly, until fragrant. Pour in the tomato passata and 100ml of warm water. Mix until fully combined and leave to simmer for 8-10 minutes until slightly reduced.

3. PASTA TIME Once the pasta water is bubbling rapidly, cook the pasta for 2-3 minutes until al dente. Drain on completion, reserving a cup of pasta water, and run under cold water to stop the cooking process. Toss through some oil to prevent sticking.

4. BEETBALLS When the beetroot is soft, place in a bowl along with the drained black beans, the breadcrumbs, and seasoning. Mash with a fork or a potato masher until the consistency of a rustic mash. Wet your hands to stop the mixture from sticking, and roll into 4-5 balls. Gently flatten each ball to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy, turning when they start to brown. Remove and drain on paper towel.

5. LAST STEP When the tomato sauce is done, season with salt, pepper, and a sweetener of choice. If the sauce is too thick for your liking, loosen with a splash of pasta water. Add the cooked pasta and toss until fully coated and warmed through.

6. TURN UP THE BEET! Pile up a generous helping of the beetroot pasta. Top with the beautiful beetballs and the halved bocconcini balls. Sprinkle over the chopped walnuts and the chopped basil. Service, Chef!

Nutritional Information

Per 100g

Energy	468kj
Energy	112Kcal
Protein	4.5g
Carbs	12g
of which sugars	5.2g
Fibre	2.3g
Fat	4.8g
of which saturated	2.1g
Sodium	211mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 2
Days