



UCCOOK

Mediterranean Venison Frikkadels

with baby potatoes & tzatziki

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	283kj	1970kj
Energy	68kcal	471kcal
Protein	8g	55.5g
Carbs	6g	41g
of which sugars	2g	17g
Fibre	1g	10g
Fat	1.5g	10.4g
of which saturated	0.4g	3.1g
Sodium	166mg	1156mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Kale <i>rinse & roughly shred</i>
100g	200g	Baby Potatoes <i>rinse & halve</i>
150g	300g	Free-range Venison Mince
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
3g	5g	Fresh Oregano <i>rinse, pick & roughly chop</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into thin strips</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	Tzatziki

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Oil (cooking, olive or coconut) (optional)

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, ½ the 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, the remaining onion, the remaining sun-dried tomato, basil 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 tzatziki. Opa, Chef, dinner is ready!