



UCOOK

Chicken Meatballs & Creamy Dijon Sauce

with a buttery mash & a fresh pea salad

As a stovetop-only recipe, this easy peasy dish features a generous portion of creamy potato mash, golden chicken meatballs & a Dijon-mustard, onion & sour cream sauce for richness. Sided with a greens & pea salad for freshness.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

200g	Potato <i>peeled & cut into small bite-sized pieces</i>
150g	Free-range Chicken Mince
1	Onion <i>½ peeled & finely diced</i>
40g	Peas
20g	Salad Leaves <i>rinsed & roughly shredded</i>
10ml	White Wine
40ml	Creamy Dijon <i>(10ml Dijon Mustard & 30ml Sour Cream)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk (optional)

1. MAKE THE MASH Boil the kettle. Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. ON A ROLL In a bowl, combine the mince, a ¼ of the diced onion, and seasoning. Wet your hands slightly and roll into 4-5 meatballs. Set aside.

3. PLUMP PEAS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Just before serving, add the shredded salad leaves, seasoning, and a drizzle of olive oil. Toss until combined.

4. MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting as they colour). Remove from the pan and cover.

5. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the remaining onion until soft, 4-5 minutes (shifting occasionally). Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the creamy dijon and 50ml of warm water. Simmer until reduced and slightly thickened, 3-4 minutes. Season.

6. TIME TO EAT Plate up the creamy mash and side with the meatballs drizzled with the creamy sauce. Serve with the pea salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	6.5g
Carbs	9g
of which sugars	1.7g
Fibre	1.7g
Fat	3.6g
of which saturated	1.3g
Sodium	59mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 1
Day