



UCOOK

Greek Wagyu Kofta Salad

with Danish-style feta & charred green beans


A full-on-flavour Mediterranean version of a meatball. A bed of salad featuring briny olives, creamy feta, cucumber half-moons and greens is topped with these golden, butter-basted beef koftas. Sided with a caramelised onion and charred green bean medley, then finished with bagel seasoning.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Carb Conscious

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

1	Onion <i>peeled & finely sliced</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
20g	Green Leaves <i>rinsed & gently shredded</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>
20g	Pitted Kalamata Olives <i>drained & sliced</i>
30g	Danish-style Feta <i>drained & crumbled</i>
3g	Fresh Mint <i>rinsed, picked & finely sliced</i>
10ml	Lemon Juice
3	Free-range Wagyu Meatballs <i>rolled into koftas</i>
10ml	NOMU One For All Rub
10ml	Everything Bagel Spice Blend

From Your Kitchen

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

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry $\frac{3}{4}$ of the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl of caramelised onion. Season, cover, and set aside.

3. GREEK SALAD In a bowl, toss together the shredded green leaves, the cucumber half-moons, the sliced olives, $\frac{1}{2}$ the crumbled feta, $\frac{1}{2}$ the sliced mint, the remaining fresh sliced onion (to taste), the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

4. GOLDEN KOFTAS Place a pan or grill pan over medium heat with a drizzle of oil. When hot, fry the koftas until browned and cooked through, 4-5 minutes (shifting occasionally). In the final minute, baste the koftas with a knob of butter and the NOMU rub. Reserving the pan juices, remove from the pan.

5. GORGEOUS GREEK DINNER! Plate up a base of the hearty dressed salad and top with the golden koftas. Drizzle over the pan juices. Serve the green bean and onion mixture alongside. Crumble over the remaining feta and cover everything with the bagel seasoning. Garnish it all with the remaining sliced mint and there you have it!

Nutritional Information

Per 100g

Energy	603kJ
Energy	144kcal
Protein	7.2g
Carbs	5g
of which sugars	2.1g
Fibre	1.6g
Fat	10.5g
of which saturated	4.3g
Sodium	202mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 3
Days