UCOOK

Coca-Cola's Saucy Tomato Beef Meatballs

with sun-dried tomatoes & buttery rotis

Hands-on Time: 40 minutes
Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Coca-Cola

Pairing: Drink | Coca-Cola

Nutritional Info	Per 100g	Per Portion
Energy	746kJ	3926kJ
Energy	179kcal	939kcal
Protein	7.7g	40.6g
Carbs	19g	100g
of which sugars	4.8g	25g
Fibre	1.8g	9.7g
Fat	7.8g	40.9g
of which saturated	2.4g	12.8g
Sodium	144mg	865mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Mince
45g	60g	Sun-dried Tomatoes *drain (reserving the oil) & finely chop*
2	2	Garlic Cloves *peel & grate*
2	2	Onions *peel & roughly slice*
150ml	200ml	Tomato Passata
6	8	Rotis
8g	10g	Fresh Oregano *rinse & pick*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. SOME PREP In a bowl, combine the mince, the sun-dried tomatoes, any reserved sun-dried tomato oil, the garlic, and season.

2. GOLDEN MEATBALLS Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan.

3. SAUCY MEATBALLS Return the pan to medium heat with a drizzle of oil, if necessary. Fry the onions until soft and lightly golden, 5-6 minutes. Mix in the tomato passata and 450ml [600ml] of water. Simmer until thickening, 12-15 minutes. In the final 3-4 minutes, add the meatballs and simmer for the remaining time until cooked through. Remove from the heat, add a sweetener (to taste), and season.

4. TOAST Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. TIME TO EAT Bowl up the saucy meatballs, side with the toasted rotis, and scatter over the oregano for garnish. Dig in and enjoy, Chef!