



UCOOK

Greek Wagyu Meatballs

with roasted potato chunks, hummus & fresh mint

A Mediterranean medley that combines the heartiness of wagyu meatballs and roasted potato chunks with a tangy tomato sauce. The rich flavours are sided with toasted, crispy pita quarters and finished with a crumble of feta and mint. It's Greece on a plate!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Sarah Hewitt

 **Quick & Easy**

 **Leopard's Leap | Culinaría Brut MCC**

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Ingredients & Prep

250g	Potato Chunks
1	Red Onion <i>½ peeled & cut into thick wedges</i>
5ml	NOMU Provençal Rub
40g	Danish-style Feta
4g	Fresh Mint
25g	Pitted Kalamata Olives
5ml	Vegetable Stock
7,5ml	Tomato Paste
100g	Cooked Chopped Tomato
3	Free-range Wagyu Meatballs
1	Pita Bread
40ml	Hummus

From Your Kitchen

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

1. CHUNKS OF CRISPINESS Preheat the oven to 200°C. Boil the kettle. Place the potato chunks and onion wedges in an ovenproof dish. Coat in oil, the rub, and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. YOU SAY TOMATO While the veg is roasting, drain the feta. Rinse the mint and pick the leaves. Halve the olives. In a bowl, combine the stock, the tomato paste, the cooked chopped tomato, seasoning, and 100ml of boiling water.

3. MOUTH-WATERING MEATBALLS When the veggie roast has been in for 10 minutes, remove the tray from the oven and add the meatballs and the halved olives. Pour over the diluted tomato stock. Return to the hot oven and roast for the remaining time until the meatballs and veggies are cooked through and starting to brown.

4. PITA PARTY Pop the pita in the hot oven for 3-4 minutes until heated through and crisp. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. On completion, cut the pita into quarters.

5. GET YOUR GREEK ON! Pile up the meatballs and veg. Spoon over the tomato sauce. Side with the pita quarters and the hummus. Crumble over the drained feta and garnish with the picked mint. Enjoy the beautiful food, Chef!

Nutritional Information

Per 100g

Energy	663kJ
Energy	158kcal
Protein	6.6g
Carbs	16g
of which sugars	1.8g
Fibre	2.1g
Fat	7.5g
of which saturated	3.1g
Sodium	454mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days