



# UCOOK

## Wagyu Meatball & Tomato Salad

**with anchovies, baby tomatoes & butternut half-moons**

Succulent beef wagyu meatballs & golden butternut are coated in NOMU Italian rub and oven-roasted to perfection. Sided with a zingy tomato, anchovy & Italian cheese salad. Garnished with pops of nutty pumpkin seeds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Strandveld | Pofadderbos Sauvignon Blanc

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## Ingredients & Prep

1kg	Butternut <i>rinsed, deseeded, peeled (optional) &amp; cut into half-moons</i>
40ml	NOMU Italian Rub
12	Free-range Wagyu Meatballs
40g	Pumpkin Seeds
2	Garlic Cloves <i>peeled &amp; grated</i>
20g	Anchovies <i>drained &amp; finely chopped</i>
40ml	Worcestershire Sauce
1	Lemon <i>rinsed &amp; cut into wedges</i>
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
320g	Baby Tomatoes <i>rinsed &amp; halved</i>
80g	Italian-style Hard Cheese <i>peeled into ribbons</i>

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and golden, 35-40 minutes (flipping halfway). Place the meatballs in a bowl. Coat in oil and seasoning. Set aside.

**2. POP THE PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. ADD THE MEATBALLS** When the butternut has 10-12 minutes remaining, remove the tray from the oven and scatter over the dressed meatballs. Roast for the remaining time until cooked through.

**4. SENSATIONAL SALAD** In a salad bowl, combine the grated garlic (to taste), the chopped anchovies (to taste), the Worcestershire sauce, a squeeze of lemon juice (to taste), the shredded salad leaves, the halved baby tomatoes, 60ml of olive oil, and seasoning.

**5. FORK UP SOME FLAVOURBOMBS!** Plate up the tomato salad and scatter over the cheese ribbons. Side with the roasted butternut & meatballs. Sprinkle over the toasted pumpkin seeds. Serve with any remaining lemon wedges. Looks amazing, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	6.8g
Carbs	7g
of which sugars	1.6g
Fibre	1.6g
Fat	8g
of which saturated	3.1g
Sodium	165mg

## Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook  
within 3  
Days