



UCCOOK

Homemade Chicken Meatballs

with Florentine-style sauce

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	345kJ	2075kJ
Energy	82kcal	496kcal
Protein	6.9g	41.3g
Carbs	8g	46g
of which sugars	2g	12g
Fibre	1g	9g
Fat	2.4g	14.5g
of which saturated	0.7g	4.3g
Sodium	182mg	1095mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Baby Potatoes <i>rinse & halve</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
450g	600g	Free-range Chicken Mince
22.5ml	30ml	NOMU Italian Rub
15ml	20ml	Chicken Stock
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
120g	160g	Spinach <i>rinse</i>
120ml	160ml	Low Fat Cottage Cheese

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. RUSTIC MASH Preheat the oven to 200°C. Spread the potatoes on a roasting tray with a little bit of cooking spray and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the potatoes in a bowl and mash with a fork, adding a splash of water if it's difficult to mash. Season and set aside.

2. ON A ROLL In a bowl, combine ½ the onion, ½ the parsley, the chicken mince, the NOMU rub and some seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. MMMUSHROOMS Boil the kettle. Dilute the stock with 300ml [400ml] of hot water. Place a pan over medium heat with some cooking spray. When hot, fry the remaining onion until golden, 5-6 minutes (shifting occasionally). Add the mushrooms and fry until golden, 6-8 minutes. In the final 1-2 minutes, add the garlic and remove from the pan.

4. FLAVOURBOMS & FLORENTINE SAUCE Return the pan to medium heat (no need to add cooking spray or wipe it down). Fry the meatballs until browned but not cooked through, 2-3 minutes (shifting occasionally). Add the onion and mushroom mix back to the pan, along with the diluted stock. Simmer until slightly reduced, 8-10 minutes. In the final 3-4 minutes, add the spinach and simmer until wilted. Remove from the heat and gently mix in the cottage cheese. If the sauce needs to be reduced more, return the pan to low heat once the cottage cheese is fully incorporated into the sauce. Season.

5. SAVOUR THE FLAVOUR Make a bed of the rustic mashed potatoes, topped with the creamy spinach sauce. Finish off with the meatballs and the remaining parsley. There you go, Chef!

Chef's Tip If you don't want rustic mash, place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Mash with a fork, adding a splash of water if it gets difficult to mash.