



# UCOOK

## Cheesy Beef Meatballs

with mozzarella & orzo

Succulent beef meatballs tucked under a deliciously tangy tomato sauce, covered with a bubbling blanket of golden-baked mozzarella. Sided with a bowl of tender orzo. You will dream about this dish for a long time, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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Fan Faves

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Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

10ml	Beef Stock
8	Free-range Beef Meatballs
1	Onion <i>peel &amp; finely dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	NOMU Italian Rub
400ml	Tomato Passata
200ml	Orzo Pasta
100g	Grated Mozzarella Cheese

## From Your Kitchen

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

**1. PREP** Preheat the oven to 200°C. Boil a full kettle. Dilute the beef stock with 100ml of boiling water. Set aside.

**2. MEATBALL TIME!** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan, place in a lightly greased oven-proof dish, and set aside.

**3. YOU SAY TOMATO... I SAY, YES!** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub and fry until fragrant, 1-2 minutes (shifting regularly). Add the diluted stock, the tomato passata, and a sweetener (to taste). Simmer until slightly thickened, 5-6 minutes (stirring occasionally). Season and set aside.

**4. ODE TO ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**5. CHEESY FLAVOUR BOMBS** Evenly pour the tomato sauce over the meatballs. Sprinkle with the grated mozzarella and bake in the oven until the cheese is melted and golden, 10-12 minutes.

**6. BUON APPETITO!** Bowl up the orzo and cover in the saucy baked meatballs. Mamma Mia!

## Nutritional Information

Per 100g

Energy	668kJ
Energy	160kcal
Protein	8.8g
Carbs	13g
of which sugars	3g
Fibre	1.4g
Fat	7.4g
of which saturated	3.1g
Sodium	109mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days