



UCOOK

Beef Meatballs & Butternut Mash

with toasted almonds & spinach

No need to roll up your sleeves to enjoy these beef flavourbombs, Chef! Simply brown the premade meatballs and concentrate on perfecting the delicious tomato paste, beef stock & red wine sauce. Sided with cheesy butternut mash and sprinklings of toasted almonds for crunch.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

Carb Conscious

Bertha Wines | Bertha Semillon

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
20ml	Grated Italian-style Hard Cheese
10g	Almonds
4	Free-range Beef Meatballs
5ml	Beef Stock
1	Onion <i>peel & roughly slice ½</i>
120g	Carrot <i>trim, peel & cut diagonally into bite-sized pieces</i>
20ml	Tomato Paste
20ml	Rub & Flour Mix <i>(10ml NOMU Provençal Rub & 10ml Cornflour)</i>
1	Garlic Clove <i>peel & grate</i>
30ml	Red Wine
20g	Spinach <i>rinse</i>

From Your Kitchen

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

1. MASH Place the butternut pieces in a pot of salted water over medium-high heat. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and the grated cheese. Mash with a fork, season, and cover.

2. NUTS Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWN MEATBALLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 3-4 minutes (shifting as they colour). Remove from the pan.

4. SAUCY MOMENT Dilute the stock with 150ml of boiling water. Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onions and the carrot pieces until lightly golden, 5-6 minutes. Add the tomato paste, the rub & flour mix, and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Deglaze the pan with the wine and simmer until almost evaporated. Pour in the diluted stock and simmer until the carrots are soft and the sauce has thickened, 10-12 minutes. In the final 3-4 minutes, add the browned meatballs and simmer until cooked through. Mix in the rinsed spinach until wilted, 1-2 minutes. Remove from the heat, add a sweetener (to taste) and season.

5. DINNER IS READY Plate up the cheesy mash. Side with the meatballs & all the sauce. Sprinkle over the toasted almonds. Well done, Chef!

Nutritional Information

Per 100g

Energy	481kJ
Energy	115kcal
Protein	6g
Carbs	8g
of which sugars	2.7g
Fibre	1.7g
Fat	5.7g
of which saturated	2g
Sodium	81mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days