



UCOOK

Chicken Meatballs & Creamy Sauce

with basmati rice & spinach

The classic chicken-and-rice combo is nice, but handmade chicken meatballs is a weekday dinner highlight, Chef! Browned until crispy on the outside but still juicy on the inside, these flavourbombs are coated in a tangy tomato paste & sour cream sauce, spiced with NOMU BBQ Rub. Add some fresh spinach, serve on fluffy basmati rice, and your winner dinner is done.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
450g	Free-range Chicken Mince
2	Onions <i>peel, finely dice ¼ & finely slice ¾</i>
90ml	Tomato Paste
30ml	NOMU BBQ Rub
60g	Spinach <i>rinse</i>
90ml	Sour Cream

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MEATBALL PREP In a bowl, combine the mince, the diced onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. BROWN MEATBALLS Place a pan over high heat with a drizzle of oil. When hot, fry the meatballs until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

4. CREAMY SAUCE Return the pan, wiped down if necessary, to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onions until soft and turning golden, 8-10 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in 300ml of water and simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, add the browned meatballs and the rinsed spinach. Remove from the heat, mix in the sour cream, and season. Loosen with a splash of warm water if it's too thick.

5. DINNER IS READY Make a bed of the fluffy rice and top with the meatballs in creamy sauce. Look at you, Chef!

Nutritional Information

Per 100g

Energy	674kJ
Energy	161kcal
Protein	9g
Carbs	22g
of which sugars	2.6g
Fibre	1.5g
Fat	4.3g
of which saturated	1.5g
Sodium	171mg

Allergens

Allium, Cow's Milk

Cook
within 1
Day