



# UCOOK

## Beetballs & Bocconcini

with fresh basil & a homemade tomato sauce

Tender flavourful DIY beetballs pair perfectly with beetroot pasta served with a homemade tomato sauce, bocconcini balls, fresh basil and walnuts.

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**Hands-On Time:** 45 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Vegetarian

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 Niel Joubert | Sauvignon Blanc

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## Ingredients & Prep

|       |                                                            |
|-------|------------------------------------------------------------|
| 800g  | Beetroot Chunks<br><i>cut into small bite-sized pieces</i> |
| 400g  | Pasta Regalo Beetroot Tagliatelle                          |
| 2     | Onions<br><i>peeled &amp; roughly diced</i>                |
| 4     | Garlic Cloves<br><i>peeled &amp; grated</i>                |
| 40ml  | Dried Oregano                                              |
| 20ml  | Tomato Paste                                               |
| 400ml | Tomato Passata                                             |
| 240g  | Black Beans<br><i>drained &amp; rinsed</i>                 |
| 160ml | Panko Breadcrumbs                                          |
| 12    | Bocconcini Balls<br><i>halved</i>                          |
| 80g   | Walnuts<br><i>roughly chopped</i>                          |
| 10g   | Fresh Basil<br><i>rinsed &amp; roughly chopped</i>         |

## From Your Kitchen

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

**1. LET'S BEGIN** Boil the kettle. Place a pot of cold salted water over a high heat. Add the beetroot pieces and bring to the boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain on completion.

**2. SAUCY** Fill a pot, for the pasta, with boiling water and bring back up to a boil. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until translucent, shifting occasionally. Add the grated garlic, oregano, and tomato paste. Fry for 2 minutes, shifting constantly, until fragrant. Pour in the tomato passata and 400ml of warm water. Mix until fully combined and leave to simmer for 12-15 minutes until slightly reduced.

**3. PASTA TIME** Once the pasta water is bubbling rapidly, cook the pasta for 2-3 minutes until al dente. Drain on completion, reserving a cup of pasta water, and run under cold water to stop the cooking process. Toss through some oil to prevent sticking.

**4. BEETBALLS** When the beetroot is soft, place in a bowl along with the drained black beans, the breadcrumbs, and seasoning. Mash with a fork or a potato masher until the consistency of a rustic mash. Wet your hands to stop the mixture from sticking, and roll into 4-5 balls per portion. Gently flatten each ball to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy, turning when they start to brown. Remove and drain on paper towel.

**5. LAST STEP** When the tomato sauce is done, season with salt, pepper, and a sweetener of choice. If the sauce is too thick for your liking, loosen with a splash of pasta water. Add the cooked pasta and toss until fully coated and warmed through.

**6. TURN UP THE BEET!** Pile up a generous helping of the beetroot pasta. Top with the beautiful beetballs and the halved bocconcini balls. Sprinkle over the chopped walnuts and the chopped basil. Service, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 468kJ   |
| Energy             | 112Kcal |
| Protein            | 4.5g    |
| Carbs              | 12g     |
| of which sugars    | 5.2g    |
| Fibre              | 2.3g    |
| Fat                | 4.8g    |
| of which saturated | 2.1g    |
| Sodium             | 211mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within 2  
Days