



UCCOOK

Sicilian Beef Meatball Bowl

with bocconcini balls & sweet potato

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	624.3kJ	4103.5kJ
Energy	149.2kcal	980.8kcal
Protein	7.8g	51.2g
Carbs	9g	59g
of which sugars	4.3g	28.2g
Fibre	1.3g	8.6g
Fat	8.6g	56.3g
of which saturated	3.6g	23.5g
Sodium	51.5mg	338.3mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks
5ml	10ml	Dried Oregano
10g	20g	Sunflower Seeds
4	8	Beef Meatballs
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
4	8	Bocconcini Balls <i>drain & cut in half</i>
30ml	60ml	Zingy Balsamic <i>(10ml [20ml] Balsamic Reduction & 20ml [40ml] Lemon Juice)</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. ROAST Coat the sweet potato pieces in oil, oregano, and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MEATBALLS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan and cut in half.

4. DINNER IS READY Bowl up the sweet potato, scatter over the meatball halves, tomato, bocconcini halves, and drizzle over the zingy balsamic. Sprinkle over the sunflower seeds and garnish with the basil. Dig in, Chef!