



UCCOOK

Cheesy Beef Meatballs & Wonton Dippers

with thyme & sour cream

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	713kJ	4224kJ
Energy	171kcal	1010kcal
Protein	9.4g	55.7g
Carbs	8g	49g
of which sugars	2.8g	16.4g
Fibre	1.1g	6.8g
Fat	10.7g	63.4g
of which saturated	4.7g	28g
Sodium	200mg	1185mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk,
Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & roughly dice ½ [1]</i>
5ml	10ml	Dried Thyme
20ml	40ml	Spice Blend <i>(5ml [10ml] NOMU Italian Rub, 5ml [10ml] Garlic Powder & 10ml [20ml] NOMU BBQ Rub)</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Sour Cream
5	10	Wonton Wrappers <i>cut into triangles</i>
50g	100g	Cheddar Cheese <i>grate</i>
100ml	200ml	Tomato Passata
4	8	Beef Meatballs

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. MEATBALLS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until lightly golden but not cooked through, 1-2 minutes (shifting as they colour). Remove from the pan and place in an ovenproof dish.

2. SAUCE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic, the spice blend, and the thyme. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from heat, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the cheese.

3. CHEESY MOMENT Place the ovenproof dish in the hot oven and bake until the cheese is melted and lightly golden, 8-10 minutes. Remove from the oven.

4. WONTON WRAPPERS Return the pan, wiped down, to high heat with enough oil to cover the base. When hot, fry the wonton wrappers until crispy and golden, 30-60 seconds per side. Drain on paper towel and season.

5. TIME TO EAT Dish up the saucy cheesy meatballs, top with dollops of sour cream, and side with the wonton wrappers for dipping. Well done, Chef!