



UgCOOK

Veggie Meatballs & Marinated Tomatoes

with cucumber-yogurt & spinach

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	541kj	2500kj
Energy	129kcal	598kcal
Protein	7g	32.4g
Carbs	17g	80g
of which sugars	2.2g	10.1g
Fibre	2.1g	9.5g
Fat	3g	13.7g
of which saturated	0.6g	2.7g
Sodium	256mg	1184mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
45ml	60ml	Balsamic Vinegar
125ml	160ml	ButtaNutt Coconut Yoghurt
150g	200g	Cucumber <i>rinse & finely dice</i>
8g	10g	Fresh Coriander <i>rinse & finely chop</i>
15	20	Green Fields Vegan Meatballs
150g	200g	Spinach <i>rinse & roughly chop</i>
15ml	20ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. RICE Place the rice in a pot with 450ml [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. SOME PREP In a bowl, combine the tomatoes and the balsamic vinegar. Season and set aside. In a small bowl, combine the yoghurt, the cucumber, ½ the coriander and some seasoning.

3. FRY THE MEATBALLS Place a pan on medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan.

4. SPINACH Return the pan to medium heat with a drizzle of oil. Sauté the spinach and the NOMU rub until slightly wilted, 2-3 minutes. Remove from the pan and season.

5. TIME TO EAT Plate up buddha bowl-style - the rice, the marinated tomatoes, the meatballs, and the spinach. Finish with dollops of the cucumber-yoghurt. Garnish with the remaining coriander. Enjoy, Chef.