



# QCOOK

## Sicilian Beef Meatball Bowl

with Danish-style feta & sweet potato

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Ronnie  
Melck Shiraz

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 609kJ    | 3884kJ      |
| Energy             | 146kcal  | 928kcal     |
| Protein            | 7.4g     | 47.2g       |
| Carbs              | 9g       | 59g         |
| of which sugars    | 4.4g     | 28.4g       |
| Fibre              | 1.3g     | 8.3g        |
| Fat                | 8.2g     | 52.1g       |
| of which saturated | 3.2g     | 20.3g       |
| Sodium             | 93mg     | 591mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 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<br><i>rinse &amp; roughly dice ½ [1]</i>   |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>   |
| 30ml     | 60ml       | Zingy Balsamic<br><i>(10ml [20ml] Balsamic<br/>Reduction &amp; 20ml [40ml]<br/>Lemon Juice)</i> |
| 3g       | 5g         | Fresh Chives<br><i>rinse &amp; finely slice</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. Fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

**4. DINNER IS READY** Bowl up the sweet potato, top with the meatballs, tomato, feta, and drizzle over the zingy balsamic. Sprinkle over the sunflower seeds and garnish with the chives. Dig in, Chef!