Eat Within 2 Days

UCOOK

Sicilian Beef Meatball Bowl

with Danish-style feta & sweet potato

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato Chunks
15ml	20ml	Dried Oregano
30g	40g	Sunflower Seeds
12	16	Beef Meatballs
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
90g	120g	Danish-style Feta *drain*
90ml	120ml	Zingy Balsamic *(30ml [40ml] Balsamic Reduction & 60ml [80ml] Lemon Juice)*
8g	10g	Fresh Chives *rinse & finely slice*

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, 20-25 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, 30-35 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. You may need to do this step in batches. 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!