

# UCOOK

## Chicken Kiev Meatballs & Broccoli

with toasted almonds, roasted carrots, sun-dried tomatoes & feta

Want to try your hand at Russian cuisine, Chef? Your culinary wish is our command! We've added a UCOOK twist by turning this classic into crispy-coated meatballs. Think parsley-cheese butter, enclosed by NOMU-spiced chicken mince meatballs, coated in a divine panko breadcrumb. Sided with a veggie medley & charred broccoli. Priyatnogo appetita!


**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Serves:** 1 Person

**Chef:** Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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## Ingredients & Prep

240g	Carrot <i>trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
30g	Grated Italian-style Hard Cheese
5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
150g	Free-range Chicken Mince
10ml	NOMU Italian Rub
10g	Almonds <i>roughly chop</i>
100g	Broccoli <i>rinse</i>
80ml	Panko Breadcrumbs
20ml	Red Wine Vinegar
20g	Green Leaves <i>rinse</i>
20g	Sun-dried Tomatoes <i>drain</i>
30g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Egg/s  
Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. SOME PREP** In a small bowl, combine the grated cheese, the chopped parsley, and 30g of butter. In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly to prevent the mince from sticking to them. Shape the mince mixture into 3-4 meatballs. Gently flatten the meatballs into thin patties and add 1-2 tsp of the herby butter in the centre. Gently press the mince around the filling, fully enclosing it. Gently roll it in your hands to create a smooth meatball, being careful to not push the filling out!

**3. TOAST** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BROCCOLI** Return the pan to medium heat with a drizzle of oil. When hot, fry the rinsed broccoli until charred but still crunchy, 4-5 minutes. Remove from the pan and season.

**5. GOLDEN MEATBALLS** Whisk 1 egg in a bowl with a splash of water. Prepare a second shallow dish with the breadcrumbs. Coat the meatballs in the whisked egg and then in the crumb. Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, fry the meatballs until golden and cooked through, 3-4 minutes (turning as they colour). Remove from the pan and drain on paper towel.

**6. SALAD** In a salad bowl, combine the vinegar with a drizzle of olive oil and seasoning. Add the rinsed green leaves, the drained sun-dried tomatoes, and the roasted carrots. Toss to coat.

**7. IT'S THAT TIME** Plate up the loaded warm salad, scatter over the drained feta, and side with the golden meatballs and the charred broccoli. Sprinkle the toasted nuts over the salad. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	490kJ
Energy	117kcal
Protein	7.7g
Carbs	10g
of which sugars	3.3g
Fibre	2.6g
Fat	5.4g
of which saturated	1.9g
Sodium	141mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Cook  
within 1  
Day