



UCOOK

Sun-dried Tomato Beef Meatballs

with toasted buttery rotis

What time is it, Chef? Time to make our own meatballs! Beef mince is combined with sun-dried tomato pieces and rolled into succulent meatballs, which is browned and then smothered in tomato passata. Served with buttery rotis and garnished with fresh oregano.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Hellen Mwanza

Simple & Save

Laborie Estate | Laborie Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Beef Mince
30g	Sun-dried Tomatoes <i>drain (reserving the oil) & finely chop</i>
1	Garlic Clove <i>peel & grate</i>
1	Onion <i>peel & roughly slice</i>
100ml	Tomato Passata
4	Rotis
5g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SOME PREP In a bowl, combine the mince, the chopped sun-dried tomatoes, any reserved sun-dried tomato oil, the grated garlic, and season.

2. GOLDEN MEATBALLS Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan.

3. SAUCY MEATBALLS Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Mix in the tomato passata and 300ml of water. Simmer until thickening, 8-10 minutes. In the final 2-3 minutes, add the meatballs and simmer for the remaining time until cooked through. Remove from the heat, add a sweetener (to taste), and season.

4. TOAST Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. TIME TO EAT Bowl up the saucy meatballs, side with the toasted rotis, and scatter over the rinsed oregano for garnish. Dig in and enjoy, Chef!

Nutritional Information

Per 100g

Energy	746kJ
Energy	179kcal
Protein	7.7g
Carbs	19g
of which sugars	4.8g
Fibre	1.8g
Fat	7.8g
of which saturated	2.4g
Sodium	155mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days