



# UCOOK

## Saucy Vegan Meatballs & Mashed Potato

with meat-like **Green Fields** meatballs & peas

Whether you've been a vegan for years, new to the world of veganism, or like to have a meat & dairy-free day once a week, you will be impressed with this recipe. From the meatiness of the Green Fields Meatballs, the generosity in flavours of the tomato sauce, dotted with plump peas & kidney beans, to the silky smooth potato mash.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Veggie

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Groote Post Winery | Groote Post Old Man's Blend Red Blend

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## Ingredients & Prep

400g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
20g	Sunflower Seeds
10	Green Fields Vegan Meatballs
1	Onion <i>peel &amp; roughly slice</i>
240g	Carrot <i>rinse, trim, peel &amp; cut into small bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	NOMU Spanish Rub
200ml	Tomato Passata
100g	Peas
120g	Kidney Beans <i>drain &amp; rinse</i>
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk or Milk Alternative (optional)  
Plant-based Butter (optional)

**1. MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of vegan butter (optional) and a splash of milk alternative (optional). Mash with a fork, season, and cover.

**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. GOLDEN MEATBALLS** Return the pan to 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. MAKE THE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions and the carrot pieces until the onions are soft and lightly golden, 4-5 minutes. Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml of water. Simmer until reduced and thickening, 10-12 minutes. In the final 2-3 minutes, add the peas, the rinsed kidney beans, and the meatballs. Remove from the heat, add a sweetener (to taste), and season.

**5. DINNER IS READY** Dish up the mash, side with the saucy meatballs, and garnish with the chopped parsley. Enjoy, Chef!



## Chef's Tip

Air fryer method: Air fry the meatballs at 200°C until crispy, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.4g
Carbs	13g
of which sugars	2.9g
Fibre	4.5g
Fat	6.3g
of which saturated	0.6g
Sodium	267mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
4 Days