



UCOOK

Wagyu Beef Meatballs & Cowboy Sauce

with creamy mashed potatoes

There will be fireworks in your mouth as you taste these succulent wagyu beef flavourbombs, also known as mouthwatering meatballs. Covered in a homemade dijon mustard, butter & paprika, lemon & chive sauce and sided with a creamy potato mash. Completed with a feta & almond salad.

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

Fan Faves

Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon

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Ingredients & Prep

800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
40g	Almonds <i>roughly chop</i>
200g	Cucumber <i>rinse & cut into thin rounds</i>
125ml	Red Wine Vinegar
16	Wagyu Beef Meatballs
120g	Danish-style Feta <i>drain</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
2	Garlic Cloves <i>peel & grate</i>
40ml	Lemon Juice
40ml	Dijon Mustard
20ml	Ground Paprika
10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Paper Towel
Butter

1. SMASH THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. ALL THE ALMONDS 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.

3. LET'S GET FANCY In a bowl, combine the cucumber half-moons, the vinegar, a splash of water and seasoning. Set aside.

4. MMMEATBALLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes per side. Cover and fry if not fully cooked, 1-2 minutes. Remove from the pan and set aside to rest for a few minutes. Clean the pan by soaking up any remaining fat with paper towel.

5. NUTTY FETA SALAD Drain the pickling liquid from the cucumbers and crumble the feta. In a bowl, toss together the pickled cucumber, the crumbled feta, shredded leaves, ½ the toasted nuts, a drizzle of olive oil and seasoning. Set aside.

6. MUSTARD SAUCE Return the cleaned pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the grated garlic until fragrant, 30 seconds - 1 minute (shifting constantly). Add the lemon juice, the mustard, the paprika, 120g of butter, ½ the chopped chives and seasoning until the butter is melted. Remove from the heat and season.

7. GRAB A KNIFE & FORK Plate up the creamy mash and serve the meatballs alongside. Drizzle with the buttery sauce and serve the tossed salad on the side. Garnish with the remaining nuts and chopped chives.

Nutritional Information

Per 100g

Energy	704kJ
Energy	168kcal
Protein	8.1g
Carbs	8g
of which sugars	1.2g
Fibre	1.6g
Fat	11.4g
of which saturated	4.4g
Sodium	105mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days