



# UCCOOK

## Mediterranean Venison Frikkadels

with baby potatoes & tzatziki

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Jenna Peoples

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 283kj    | 1970kj      |
| Energy             | 68kcal   | 471kcal     |
| Protein            | 8g       | 55.5g       |
| Carbs              | 6g       | 41g         |
| of which sugars    | 2g       | 17g         |
| Fibre              | 1g       | 10g         |
| Fat                | 1.5g     | 10.4g       |
| of which saturated | 0.4g     | 3.1g        |
| Sodium             | 166mg    | 1156mg      |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 150g     | 200g       | Kale<br><i>rinse &amp; roughly shred</i>                                   |
| 300g     | 400g       | Baby Potatoes<br><i>rinse &amp; halve</i>                                  |
| 450g     | 600g       | Free-range Venison Mince   |
| 60g      | 80g        | Sun-dried Tomatoes<br><i>roughly chop</i>                                  |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>                             |
| 8g       | 10g        | Fresh Oregano<br><i>rinse, pick &amp; roughly chop</i>                     |
| 2        | 2          | Bell Peppers<br><i>rinse, deseed &amp; cut 1½ [2]<br/>into thin strips</i> |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                                |
| 60g      | 80g        | Pitted Kalamata Olives<br><i>drain &amp; halve</i>                         |
| 8g       | 10g        | Fresh Basil<br><i>rinse, pick &amp; roughly chop</i>                       |
| 30ml     | 40ml       | Lemon Juice  |
| 125ml    | 160ml      | Tzatziki   |

## From Your Kitchen

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Cooking Spray  
Seasoning (Salt & Pepper)  
Water  
Oil (cooking, olive or coconut) (optional)

**1. ROASTED POTS** Preheat the oven to 200°C. Place the kale in a bowl and lightly coat in cooking spray or a drizzle of oil (optional) and seasoning. Using your hands, gently massage until softened. Spread the baby potatoes on a roasting tray. Coat in cooking spray or a drizzle of oil (optional) and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). When the potatoes have 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**2. MMMEATBALLS** In a bowl, combine the mince, ½ the sun-dried tomatoes, ½ the onion (to taste) and the oregano. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**3. COLOURFUL SALAD** In another bowl, mix together the pepper, cucumber, olives, the remaining onion, the remaining sun-dried tomato, basil and the lemon juice (to taste). Toss through the crispy kale, season and set aside.

**4. INTO THE PAN** Place a pan over medium heat. When hot, add the meatballs and lightly coat in cooking spray or add a drizzle of oil to the pan (optional). Fry until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

**5. JUST LOOK AT THAT!** Make a bed of loaded salad. Top with the juicy meatballs and the roasted potatoes. Dollop over the tzatziki. Opa, Chef, dinner is ready!