



UCOOK

Cheesy Beef Meatballs

with mozzarella & orzo

Succulent beef meatballs tucked under a deliciously tangy tomato sauce, covered with a bubbling blanket of golden-baked mozzarella. Sided with a bowl of tender orzo. You will dream about this dish for a long time, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

5ml	Beef Stock
4	Free-range Beef Meatballs
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
15ml	NOMU Italian Rub
200ml	Tomato Passata
100ml	Orzo Pasta
50g	Grated Mozzarella Cheese

From Your Kitchen

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

1. PREP Preheat the oven to 200°C. Boil a full kettle. Dilute the beef stock with 50ml of boiling water. Set aside.

2. MEATBALL TIME! Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan, place in a lightly greased oven-proof dish, and set aside.

3. YOU SAY TOMATO... I SAY, YES! Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub and fry until fragrant, 1-2 minutes (shifting regularly). Add the diluted stock, the tomato passata, and a sweetener (to taste). Simmer until slightly thickened, 4-5 minutes (stirring occasionally). Season and set aside.

4. ODE TO ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

5. CHEESY FLAVOUR BOMBS Evenly pour the tomato sauce over the meatballs. Sprinkle with the grated mozzarella and bake in the oven until the cheese is melted and golden, 10-12 minutes.

6. BUON APPETITO! Bowl up the orzo and cover in the saucy baked meatballs. Mamma Mia!

Nutritional Information

Per 100g

Energy	668kJ
Energy	160kcal
Protein	8.8g
Carbs	13g
of which sugars	3g
Fibre	1.4g
Fat	7.4g
of which saturated	3.1g
Sodium	109mg

Allergens

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

Eat
Within
3 Days