



UCOOK

Cheesy Beef Meatballs & Wonton Dippers

with leeks & sour cream

This dish will leave you wonton more, Chef! Browned beef meatballs are coated in a silky leek, fresh thyme, & tomato passata sauce with a special UCOOK spice blend. Covered with melted cheese and served with crispy wonton triangles to scoop up all the deliciousness. Dollops of sour cream finish the dish.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Laborie Estate | Laborie Merlot

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Ingredients & Prep

4	Beef Meatballs
100g	Leeks
1	Garlic Clove <i>peel & grate</i>
20ml	Spice Blend <i>(5ml NOMU Italian Rub, 5ml Garlic Powder & 10ml NOMU BBQ Rub)</i>
3g	Fresh Thyme <i>rinse</i>
100ml	Tomato Passata
60g	Cheddar Cheese <i>grate</i>
5	Wonton Wrappers <i>cut into triangles</i>
40ml	Sour Cream

From Your Kitchen

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

1. MEATBALLS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until lightly golden but not cooked through, 1-2 minutes (shifting as they colour). Remove from the pan and place in an ovenproof dish.

2. SAUCE Trim the leeks at the base & cut in half lengthways. Rinse the halved leeks and roughly slice. Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the leeks until soft and lightly golden, 4-5 minutes. Add the grated garlic, the spice blend, and the rinsed thyme. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from heat, discard the thyme sprigs, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the grated cheese.

3. CHEESY MOMENT Place the ovenproof dish in the hot oven and bake until the cheese is melted and lightly golden, 8-10 minutes. Remove from the oven.

4. WONTON WRAPPERS Return the pan, wiped down, to high heat with enough oil to cover the base. When hot, fry the wonton wrappers until crispy and golden, 30-60 seconds per side. Drain on paper towel and season.

5. TIME TO EAT Dish up the saucy cheesy meatballs, top with dollops of sour cream, and side with the wonton wrappers for dipping. Well done, Chef!

Nutritional Information

Per 100g

Energy	787kJ
Energy	188kcal
Protein	10.5g
Carbs	9g
of which sugars	2.6g
Fibre	1.1g
Fat	12.1g
of which saturated	5.4g
Sodium	223mg

Allergens

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

Eat
Within
3 Days