



UCCOOK

Cheesy Beef Meatballs & Wonton Dippers

with thyme & sour cream

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 713kJ | 4224kJ |
| Energy | 171kcal | 1010kcal |
| Protein | 9.4g | 55.7g |
| Carbs | 8g | 49g |
| of which sugars | 2.8g | 16.4g |
| Fibre | 1.1g | 6.8g |
| Fat | 10.7g | 63.4g |
| of which saturated | 4.7g | 28g |
| Sodium | 200mg | 1185mg |

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk,
Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

| | | |
|-------|-------|--------------------------------------------------------------------------------------------------------------|
| 1 | 1 | Onion <i>peel & roughly dice ½ [1]</i> |
| 40ml | 80ml | Sour Cream |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 5 | 10 | Wonton Wrappers <i>cut into triangles</i> |
| 5ml | 10ml | Dried Thyme |
| 20ml | 40ml | Spice Blend <i>(5ml [10ml] NOMU Italian Rub, 5ml [10ml] Garlic Powder & 10ml [20ml] NOMU BBQ Rub)</i> |
| 100ml | 200ml | Tomato Passata |
| 50g | 100g | Cheddar Cheese <i>grate</i> |
| 4 | 8 | Beef Meatballs |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

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 Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic, the spice blend, and the thyme. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from heat, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the 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!