



# UCCOOK

## Jalapeño Yoghurt & Beef Meatballs

**with cheesy black beans & butternut**

Soon you will be feasting on mmmouthwatering beef meatballs, dished up on a beautiful bed of oven roasted black beans & crispy kale, elevated with fresh oregano & melted Italian-style hard cheese. Served with cumin-infused butternut and a spicy yoghurt.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Jenna Peoples

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Carb Conscious

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Painted Wolf Wines | The Den Shiraz

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## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
22,5ml	Ground Cumin
150g	Kale <i>rinse &amp; roughly shred</i>
180g	Black Beans <i>drain &amp; rinse</i>
60g	Italian-style Hard Cheese <i>grate</i>
8g	Fresh Oregano <i>rinse, pick &amp; finely chop</i>
150ml	Low Fat Plain Yoghurt
45g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
12	Beef Meatballs

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ROASTED BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil, half the cumin and some seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. CHEESY VEGGIES** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Transfer to a new baking tray. In another bowl, mix the drained black bean, the grated cheese, ½ the chopped oregano, the remaining cumin and some olive oil. Mix to fully coat the beans then toss over the kale. When the butternut has 10 minutes remaining, place the kale and beans into the oven and roast for the remaining time.

**3. SPICY YOGHURT** In a bowl, combine the yoghurt, the remaining oregano, and the chopped jalapeños. Mix well and season.

**4. FLAVOURBOMBS** 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.

**5. GRAB A PLATE** Make a bed of the crispy kale. Top with the roasted butternut and the crispy beans and the juicy meatballs. Drizzle over the creamy jalapeños and dig in!

## Nutritional Information

Per 100g

Energy	537kJ
Energy	129kcal
Protein	8.1g
Carbs	7g
of which sugars	1.3g
Fibre	1.6g
Fat	7.1g
of which saturated	2.8g
Sodium	79mg

## Allergens

Cow's Milk, Egg, Sulphites

Eat  
Within  
3 Days