



UCOOK

Chicken Meatballs & Creamy Sauce

with basmati rice & spinach

The classic chicken-and-rice combo is nice, but handmade chicken meatballs is a weekday dinner highlight, Chef! Browned until crispy on the outside but still juicy on the inside, these flavourbombs are coated in a tangy tomato paste & sour cream sauce, spiced with NOMU BBQ Rub. Add some fresh spinach, serve on fluffy basmati rice, and your winner dinner is done.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

| | |
|-------|--|
| 100ml | White Basmati Rice <i>rinse</i> |
| 150g | Free-range Chicken Mince |
| 1 | Onion <i>peel, finely dice ¼ & finely slice ¾</i> |
| 30ml | Tomato Paste |
| 10ml | NOMU BBQ Rub |
| 20g | Spinach <i>rinse</i> |
| 30ml | Sour Cream |

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MEATBALL PREP In a bowl, combine the mince, the diced onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

3. BROWN MEATBALLS Place a pan over high heat with a drizzle of oil. When hot, fry the meatballs until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

4. CREAMY SAUCE Return the pan, wiped down if necessary, to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onions until soft and turning golden, 5-7 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in 100ml of water and simmer until slightly thickening, 5-6 minutes. In the final 2-3 minutes, add the browned meatballs and the rinsed spinach. Remove from the heat, mix in the sour cream, and season. Loosen with a splash of warm water if it's too thick.

5. DINNER IS READY Make a bed of the fluffy rice and top with the meatballs in creamy sauce. Look at you, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 674kJ |
| Energy | 161kcal |
| Protein | 9g |
| Carbs | 22g |
| of which sugars | 2.6g |
| Fibre | 1.5g |
| Fat | 4.3g |
| of which saturated | 1.5g |
| Sodium | 171mg |

Allergens

Allium, Cow's Milk

Cook
within 1
Day