



# UCOOK

## Wagyu Beef Meatballs & Cheesy Mash

with toasted almonds & spinach

No need to roll up your sleeves to enjoy these wagyu beef flavourbombs, Chef! Simply brown the premade meatballs and concentrate on perfecting the delicious tomato paste, beef stock & red wine sauce. Sided with cheesy butternut mash and sprinklings of toasted almonds for crunch.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Fan Faves

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Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

1kg	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
100ml	Grated Italian-style Hard Cheese
40g	Almonds
16	Free-range Wagyu Beef Meatballs
20ml	Beef Stock
2	Onions <i>peel &amp; roughly slice</i>
480g	Carrot <i>trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
80ml	Tomato Paste
80ml	Rub & Flour Mix <i>(40ml NOMU Provençal Rub &amp; 40ml Cornflour)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
125ml	Red Wine
80g	Spinach <i>rinse</i>

## From Your Kitchen

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

**1. MASH** Place the butternut pieces in a pot of salted water over medium-high heat. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and the grated cheese. Mash with a fork, season, and cover.

**2. NUTS** Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. BROWN MEATBALLS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 4-5 minutes (shifting as they colour). Remove from the pan.

**4. SAUCY MOMENT** Dilute the stock with 600ml of boiling water. Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onions and the carrot pieces until lightly golden, 6-7 minutes. Add the tomato paste, the rub & flour mix, and the grated garlic, and fry until fragrant. 1-2 minutes. Deglaze the pan with the wine and simmer until almost evaporated. Pour in the diluted stock mix. Simmer until the carrots are soft and the sauce has thickened, 12-15 minutes. In the final 4-5 minutes, add the browned meatballs and the rinsed spinach. Cook until the meatballs are cooked through and the spinach is wilted. Mix in the rinsed spinach, remove from the heat, add a sweetener, and season.

**5. DINNER IS READY** Plate up the cheesy mash. Side with the meatballs & all the sauce. Sprinkle over the toasted almonds. Well done, Chef!

## Nutritional Information

Per 100g

Energy	562kJ
Energy	134kcal
Protein	6.1g
Carbs	8g
of which sugars	2.5g
Fibre	1.7g
Fat	7.8g
of which saturated	2.8g
Sodium	89mg

## Allergens

Egg, Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat  
Within  
3 Days