

UCOOK

Chicken Kiev Meatballs & Broccoli

with toasted almonds, roasted carrots, sun-dried tomatoes & feta


Want to try your hand at Russian cuisine, Chef? Your culinary wish is our command! We've added a UCOOK twist by turning this classic into crispy-coated meatballs. Think parsley-cheese butter, enclosed by NOMU-spiced chicken mince meatballs, coated in a divine panko breadcrumb. Sided with a veggie medley & charred broccoli. Priyatnogo appetita!


Hands-on Time: 50 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

720g	Carrot <i>trim, peel & cut into bite-sized pieces on the diagonal</i>
90ml	Grated Italian-style Hard Cheese
15g	Fresh Parsley <i>rinse, pick & finely chop</i>
450g	Free-range Chicken Mince
30ml	NOMU Italian Rub
30g	Almonds <i>roughly chop</i>
300g	Broccoli <i>rinse</i>
240ml	Panko Breadcrumbs
60ml	Red Wine Vinegar
60g	Green Leaves <i>rinse</i>
60g	Sun-dried Tomatoes <i>drain</i>
90g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Egg/s
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SOME PREP In a small bowl, combine the grated cheese, the chopped parsley, and 90g of butter. In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly to prevent the mince from sticking to them. Shape the mince mixture into 3-4 meatballs per portion. Gently flatten the meatballs into thin patties and add 1-2 tsp of the herby butter in the centre. Gently press the mince around the filling, fully enclosing it. Gently roll it in your hands to create a smooth meatball, being careful to not push the filling out!

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

4. BROCCOLI Return the pan to medium heat with a drizzle of oil. When hot, fry the rinsed broccoli until charred but still crunchy, 5-6 minutes. You may need to do this step in batches. Remove from the pan and season.

5. GOLDEN MEATBALLS Whisk 2 eggs in a bowl with a splash of water. Prepare a second shallow dish with the breadcrumbs. Coat the meatballs in the whisked egg and then in the crumb. Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, fry the meatballs until golden and cooked through, 3-4 minutes (turning as they colour). Remove from the pan and drain on paper towel. You may need to do this step in batches.

6. SALAD In a salad bowl, combine the vinegar with a drizzle of olive oil and seasoning. Add the rinsed green leaves, the drained sun-dried tomatoes, and the roasted carrots. Toss to coat.

7. IT'S THAT TIME Plate up the loaded warm salad, scatter over the drained feta, and side with the golden meatballs and the charred broccoli. Sprinkle the toasted nuts over the salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	490kJ
Energy	117kcal
Protein	7.7g
Carbs	10g
of which sugars	3.3g
Fibre	2.6g
Fat	5.4g
of which saturated	1.9g
Sodium	141mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook
within 1
Day