



UCOOK

Butternut Mash & Beef Meatballs

with ricotta & sun-dried tomato pesto

Rosemary basted meatballs! They are served with smooth butternut mash and a fresh tomato salad. A dollop of fragrant Pesto Princess Sun-dried Tomato Pesto and a crumble of creamy ricotta finish off this winner of a weeknight dinner!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
9	Free-range Wagyu Meatballs
15ml	NOMU Italian Rub
8g	Fresh Rosemary <i>rinse, pick & roughly chop</i>
3	Tomatoes <i>rinse & dice</i>
60g	Salad Leaves <i>rinse</i>
120g	Ricotta Cheese
60ml	Pesto Princess Sun-dried Tomato Pesto

From Your Kitchen

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

1. BUTTERNUT 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 a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SIZZLING MEATBALLS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. In the final 30 seconds, baste with a knob of butter, the NOMU rub, and the rosemary. Remove from the pan.

3. TOMATO SALAD In a bowl, combine the diced tomatoes, the rinsed leaves, ½ the ricotta, seasoning, and a drizzle of oil.

4. HAVING A BALL! Plate up the smooth butternut mash. Serve with the meatballs and dollop over the sun-dried tomato pesto. Side with the tomato salad and crumble over the remaining ricotta. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	6g
Carbs	6g
of which sugars	1.4g
Fibre	1.3g
Fat	7.7g
of which saturated	3.3g
Sodium	66mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days