



# UCOOK

## One-tray Beef Meatballs & Veg

with a dill yoghurt, roasted almonds & fresh salad leaves

Indulge in juicy beef meatballs, tender potatoes, and sweet beetroot all cooked to perfection on one tray. Served with a tangy dill yoghurt and crunchy almonds, this dish is a flavour explosion in every bite!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 \*NEW Simple & Save

---

 Waterkloof | Peacock Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into bite-sized chunks</i>
150g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
10ml	NOMU African Rub
150g	Beef Mince
20g	Almonds <i>roughly chopped</i>
40ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinsed &amp; finely chopped</i>
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. OVEN-ROASTED AROMAS** Preheat the oven to 200°C. Place the potato chunks and the beetroot chunks on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

**2. MAKE THE MEATBALLS** In a bowl, combine the mince, the remaining rub, and seasoning. Roll into 3 meatballs. Wet your hands slightly to prevent the mixture from sticking to them.

**3. ROAST UNTIL READY** When the roast has 10-12 minutes remaining, scatter the meatballs over the roast and roast for the remaining time until cooked through.

**4. ALMOST THERE** When the roast has 3-5 minutes remaining, sprinkle the chopped almonds over the roast. In a bowl, combine the yoghurt, ½ the chopped dill, a splash of water, and seasoning.

**5. DILL-ICIOUS DINNER!** Make a bed of the shredded salad leaves. Top with the loaded roast and drizzle over the dill yoghurt. Sprinkle over the remaining dill. Easy peasy, Chef!

## Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	6.9g
Carbs	9g
of which sugars	1g
Fibre	2.1g
Fat	6.9g
of which saturated	2.1g
Sodium	134mg

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within 3  
Days