



UCOOK

Wagyu Meatball Salad

with beetroot & flaked almonds

You know what they say, Chef... You gotta do wagyu gotta do. And today, it's making the best meatball salad! Earthy chunks of soft beetroot, lemon-marinated tomatoes for zing, flavoursome sweet chilli meatballs - finished with a generous dollop of creamy herb yoghurt.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Rosé 2022

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
1	Lemon <i>½ zested & cut into wedges</i>
10g	Flaked Almonds
3	Free-range Wagyu Meatballs
20ml	Sweet Chilli Sauce
20g	Radish <i>rinsed & thinly sliced</i>
20g	Green Leaves <i>rinsed</i>
60ml	Greek Yoghurt
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BEET IT! Place the beetroot chunks in a pot of salted water over a medium heat. Bring it up to a boil. Cook for 15-20 minutes until easily pierced with a fork. Drain on completion.

2. ZEST 'EM UP Place the halved baby tomatoes in a bowl. Add the lemon zest (to taste), lemon juice (to taste), and some seasoning. Toss to combine and set aside.

3. GO NUTS Place the almonds in a non-stick pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside. Roughly chop when cool enough to handle.

4. MAK-E DE MEATBALL Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 4-5 minutes, shifting as they colour. The meatballs should be browned, but not cooked through. Drain most of the oil from the pan, then add the sweet chilli and 50ml of water. Simmer for 4-5 minutes until cooked through and the sauce has almost evaporated.

5. JUST BEFORE SERVING Add the sliced radish, the rinsed green leaves and the soft beetroot to the bowl with the marinated tomatoes. Toss with a drizzle of oil and some seasoning. In a small bowl, combine the yoghurt, ½ of the chopped parsley, a squeeze of lemon juice and seasoning.

6. DINNER TIME Plate up the loaded salad, and top with the meatballs. Drizzle over any pan juices and dollop over the yoghurt. Sprinkle over the toasted almonds and garnish with the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	477kJ
Energy	114kcal
Protein	6.2g
Carbs	4g
of which sugars	0.8g
Fibre	1.7g
Fat	7.6g
of which saturated	2.8g
Sodium	81mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within 3
Days