

# UCCOOK

## Tender Beef Meatballs & Cowboy Sauce

with creamy mashed potatoes

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 625kJ    | 3717kJ      |
| Energy             | 149kcal  | 889kcal     |
| Protein            | 8.5g     | 50.3g       |
| Carbs              | 8g       | 48g         |
| of which sugars    | 1.2g     | 7.3g        |
| Fibre              | 1.6g     | 9.6g        |
| Fat                | 9.2g     | 54.5g       |
| of which saturated | 3.4g     | 20.3g       |
| Sodium             | 103mg    | 611mg       |

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                               |
|----------|------------|---------------------------------------------------------------|
| 200g     | 400g       | Potato<br><i>rinse, peel &amp; cut into bite-sized pieces</i> |
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                                |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>           |
| 30ml     | 60ml       | Red Wine Vinegar                                              |
| 4        | 8          | Beef Meatballs                                                |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>                             |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>              |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                       |
| 10ml     | 20ml       | Lemon Juice                                                   |
| 10ml     | 20ml       | Dijon Mustard                                                 |
| 5ml      | 10ml       | Ground Paprika                                                |
| 1        | 2          | Spring Onion/s<br><i>rinse, trim &amp; finely chop</i>        |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Milk (optional)  
Butter  
Seasoning (salt & pepper)

**1. SMASH THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 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. ALL THE ALMONDS** 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. LET'S GET FANCY** In a bowl, combine the cucumber, the vinegar, a splash of water and seasoning. Set aside.

**4. MMMEATBALLS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

**5. NUTTY FETA SALAD** Drain the pickling liquid from the cucumber. In a bowl, toss together the cucumber, the feta, the leaves, ½ the nuts, a drizzle of olive oil and seasoning. Set aside.

**6. MUSTARD SAUCE** Return the pan, wiped clean if necessary, to medium-high heat with a drizzle of oil (if necessary). When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add the lemon juice, the mustard, the paprika, 30g [60g] of butter, ½ the spring onion and cook until the butter has melted. Remove from the heat and season.

**7. GRAB A KNIFE & FORK** Plate up the creamy mash and serve the meatballs alongside. Drizzle with the buttery sauce and serve the tossed salad on the side. Garnish with the remaining nuts and spring onion.