



UCCOOK

Greek Lamb Meatballs

with roast butternut, butter bean mash & fresh mint

Succulent meatballs baked in a tomato sauce and sided with roast olives, onions and butternut. Served on a bed of butter bean mash and sprinkled with fresh mint. Divine!

Hands-On Time: 45 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Sarah Hewitt

♥ Health Nut

🍷 Robertson Winery | Extra Light Merlot

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

Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
20ml	Vegetable Stock
30ml	Tomato Paste
4	Garlic Cloves <i>peeled & grated</i>
600g	Free-range Lamb Mince
250ml	Herb Crumb <i>(200ml Panko Breadcrumbs, 20ml NOMU Provençal Rub & 30ml Dried Oregano)</i>
2	Red Onions <i>peeled & cut into thick wedges</i>
100g	Pitted Kalamata Olives <i>drained & halved</i>
480g	Butter Beans <i>drained & rinsed</i>
15g	Fresh Mint <i>picked, rinsed & roughly chopped</i>

From Your Kitchen

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

1. ROASTING TIME Boil the kettle. Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. HAVE A BALL! Dilute the stock and the tomato paste with 200ml of boiling water. In a bowl, place the grated garlic, the mince, herb crumb, and some seasoning. Mix until fully combined. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs per portion. Place the meatballs in an ovenproof dish with the onion wedges and the olives. Coat in oil and some seasoning. Pour in the diluted tomato stock. Pop in the oven and roast for 20-25 until the meatballs and veggies are cooked and starting to brown.

3. THE MASH UP Place a pot over a medium-high heat with the rinsed beans and 4 tbsp of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter and some seasoning. Place in a blender or mash with a fork or potato masher until desired consistency. If it's too thick add a splash of water or milk.

4. ALMOST THERE Once the veggies are cooked, remove the onions and olives from the tray and toss with the roasted butternut, reserving the meatballs and sauce on the tray.

5. LET'S EAT! Make a bed of butter bean mash and top with the meatballs drizzled with the tomato sauce. Side with the roasted veggies. Garnish with the chopped mint and enjoy the beautiful food, Chef!

Nutritional Information

Per 100g

Energy	548kJ
Energy	131Kcal
Protein	8.3g
Carbs	12g
of which sugars	1.9g
Fibre	2.7g
Fat	5.4g
of which saturated	2.1g
Sodium	256mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days