

Eat Within 3 Days

Beef Meatball & Tomato Salad

with baby tomatoes & butternut half-moons

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Piekenierskloof | Old Vines Heidedal Cinsault 2022

Nutritional Info	Per 100g	Per Portion
Energy	558kJ	3462kJ
Energy	133kcal	828kcal
Protein	8g	49.5g
Carbs	6g	39g
of which sugars	1.6g	9.7g
Fibre	1.5g	9.3g
Fat	7.7g	47.6g
of which saturated	2.9g	17.9g
Sodium	237mg	1468mg

Allergens: Sulphites, Shellfish, Egg, Fish, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut *rinse, deseed, peel (optional) & cut into half-moons*
45ml	60ml	NOMU Italian Rub
30g	40g	Pumpkin Seeds
12	16	Beef Meatballs
90ml	120ml	Umami Dressing *(15ml [20ml] Fish Sauce, 30ml [40ml] Worcestershire Sauce & 45ml [60ml] Lemon Juice)*
60g	80g	Salad Leaves *rinse & roughly shred*
240g	320g	Baby Tomatoes *rinse & halve*
60g	80g	Italian-style Hard Cheese *peel into ribbons*

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY THE MEATBALLS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. In the final minute, baste with a knob of butter, and remove from the pan.

4. SENSATIONAL SALAD In a salad bowl, combine the umami dressing, the salad leaves, the baby tomatoes, 45ml [60ml] of olive oil, and seasoning.

5. FORK UP SOME FLAVOURBOMBS! Plate up the tomato salad and scatter over the cheese ribbons. Side with the roasted butternut, the meatballs, and all its pan juices. Sprinkle over the pumpkin seeds. Looks amazing, Chef!