



UCOOK

Vegan Meatballs & Marinated Tomatoes

with cucumber-yogurt & spinach

This menu will make your mouth water by just reading about it, Chef! It starts with the flavourbombs, which are Green Fields Vegan Meatballs. Accompanied by fluffy basmati rice, baby tomatoes marinated in balsamic vinegar, a dill-icious coconut yoghurt & cucumber drizzle, & NOMU-spiced spinach.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Pamela Pfunda

Veggie

Laborie Estate | Laborie Rosé

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
320g	Baby Tomatoes <i>rinse & cut in half</i>
60ml	Balsamic Vinegar
160ml	Coconut Yoghurt
200g	Cucumber <i>rinse & finely dice</i>
10g	Fresh Dill <i>rinse, pick & finely chop</i>
20	Green Fields Vegan Meatballs
200g	Spinach <i>rinse & roughly chop</i>
20ml	NOMU One For All Rub

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SOME PREP In a bowl, combine the halved tomatoes, and the balsamic vinegar. Season and set aside. In a small bowl, combine the yoghurt, the diced cucumber, ½ the chopped dill, and seasoning.

3. FRY THE MEATBALLS Place a pan on medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan.

4. SPINACH Return the pan to medium heat with a drizzle of oil. When hot, sauté the chopped spinach and the NOMU rub until slightly wilted, 2-3 minutes. Remove from the pan and season.

5. TIME TO EAT Plate up buddha bowl-style - the rice, the marinated tomatoes, the meatballs, and the spinach. Finish with dollops of the cucumber-yoghurt. Garnish with the remaining dill. Enjoy, Chef.



Chef's Tip

Air fryer method: Air fry the meatballs at 200°C until crispy, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	522kj
Energy	125kcal
Protein	6g
Carbs	18g
of which sugars	2.3g
Fibre	2g
Fat	2.5g
of which saturated	0.6g
Sodium	251mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days