



# UCOOK

## Pomodoro-style Meatballs & Potatoes

with fresh oregano

It's the simple things in life... And this no-fuss Italian tomato sauce proves that, Chef! This versatile condiment is perfect for a variety of dishes - from a gourmet pizza base to smeared on crostini. Our version today uses this sauce to coat handmade browned beef meatballs, spiced with NOMU Italian Rub. Sided with crispy, oven-roasted potatoes.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Simple & Save

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

250g	Baby Potatoes <i>rinse &amp; halve</i>
150g	Beef Mince
10ml	NOMU Italian Rub
3g	Fresh Oregano <i>rinse &amp; pick</i>
1	Onion <i>peel &amp; roughly dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
100g	Cooked Chopped Tomato

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. CRISPY POTATOES** Preheat the oven to 200°C. Spread the halved potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MEATBALL PREP** In a bowl, combine the mince, the NOMU rub, ½ the picked oregano, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

**3. BROWN THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 3-4 minutes (shifting occasionally). Remove from the pan.

**4. POMODORO SAUCE** Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the diced onion until soft and golden, 4-5 minutes. Add the grated garlic and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 100ml of water, and simmer until reduced and thickening, 10-12 minutes. In the final 3-4 minutes, add the browned meatballs, and simmer until cooked through. Remove from the heat, add a sweetener (to taste), and season.

**5. DINNER IS SERVED** Plate up the crispy potatoes. Side with the meatballs and all the sauce. Garnish with the remaining oregano. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	472kj
Energy	113kcal
Protein	5.8g
Carbs	10g
of which sugars	2.2g
Fibre	1.3g
Fat	4.9g
of which saturated	1.9g
Sodium	106mg

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days