



UCOOK

Pomodoro-style Meatballs & Crispy 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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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

Ingredients & Prep

500g	Baby Potatoes <i>rinse & halve</i>
300g	Beef Mince
20ml	NOMU Italian Rub
5g	Fresh Oregano <i>rinse & pick</i>
1	Onion <i>peel & roughly dice</i>
2	Garlic Cloves <i>peel & grate</i>
200g	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 per portion. 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 200ml of water, 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