

WCOOK

Chicken Kiev Meatballs & Broccoli

with almonds, sun-dried tomatoes & feta

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	466kJ	3090kJ
Energy	103kcal	685kcal
Protein	7.6g	50.3g
Carbs	10g	67g
of which sugars	3.3g	21.7g
Fibre	2.7g	18g
Fat	5.2g	34.7g
of which saturated	1.8g	12.1g
Sodium	161mg	1066mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>trim, peel & cut into bite-sized pieces on the diagonal</i>
90ml	125ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
450g	600g	Free-range Chicken Mince
30ml	40ml	NOMU Italian Rub
30g	40g	Almonds <i>roughly chop</i>
355g	460g	Long-stem Broccoli <i>rinse</i>
240ml	320ml	Panko Breadcrumbs
60ml	80ml	Red Wine Vinegar
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Sun-dried Tomatoes
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Egg/s
Paper Towel

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

2. SOME PREP In a small bowl, combine the cheese, parsley, and 90g [120g] of butter. In a bowl, combine the mince, NOMU rub, and seasoning. Wet your hands slightly to prevent the mince from sticking to them. Shape the mince mixture into 3-4 meatballs per portion. Gently flatten the meatballs into thin patties and add 1-2 tsp of the herby butter in the centre. Gently press the mince around the filling, fully enclosing it. Gently roll it in your hands to create a smooth meatball, being careful to not push the filling out!

3. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BROCCOLI Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli until lightly charred, 6-8 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

5. GOLDEN MEATBALLS Whisk 2 eggs in a bowl with a splash of water. Prepare a second shallow dish with the breadcrumbs. Coat the meatballs in the whisked egg and then in the crumb. Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, fry the meatballs until golden and cooked through, 3-4 minutes (turning as they colour). Remove from the pan and drain on paper towel. You may need to do this step in batches.

6. SALAD In a salad bowl, combine the vinegar with a drizzle of olive oil, and season. Add the green leaves, sun-dried tomatoes, and the carrots. Toss to coat.

7. IT'S THAT TIME Plate up the loaded warm salad, scatter over the feta, side with the golden meatballs, and the charred broccoli. Sprinkle the nuts over the salad. Well done, Chef!