



# UCOOK

## Butternut Mash & Beef Meatballs

with ricotta & sun-dried tomato pesto

Rosemary basted meatballs! They are served with smooth butternut mash and a fresh tomato salad. A dollop of fragrant Pesto Princess Sun-dried Tomato Pesto and a crumble of creamy ricotta finish off this winner of a weeknight dinner!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Carb Conscious

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 Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
3	Free-range Wagyu Meatballs
5ml	NOMU Italian Rub
3g	Fresh Rosemary <i>rinse, pick &amp; roughly chop</i>
1	Tomato <i>rinse &amp; dice</i>
20g	Salad Leaves <i>rinse</i>
40g	Ricotta Cheese
20ml	Pesto Princess Sun-dried Tomato Pesto

## From Your Kitchen

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

**1. BUTTERNUT MASH** Place the butternut pieces in a pot of salted water over medium-high heat. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. SIZZLING MEATBALLS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. In the final 30 seconds, baste with a knob of butter, the NOMU rub, and the rosemary. Remove from the pan.

**3. TOMATO SALAD** In a bowl, combine the diced tomatoes, the rinsed leaves, ½ the ricotta, seasoning, and a drizzle of oil.

**4. HAVING A BALL!** Plate up the smooth butternut mash. Serve with the meatballs and dollop over the sun-dried tomato pesto. Side with the tomato salad and crumble over the remaining ricotta. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	6g
Carbs	6g
of which sugars	1.4g
Fibre	1.3g
Fat	7.7g
of which saturated	3.3g
Sodium	66mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within 3  
Days