



WCOOK

Ostrich Meatballs & Wonton Dippers

with thyme & sour cream

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	588kJ	3226kJ
Energy	141kcal	772kcal
Protein	9.3g	50.9g
Carbs	8g	47g
of which sugars	3g	16.6g
Fibre	1.2g	6.5g
Fat	7.3g	40.2g
of which saturated	3.2g	17.7g
Sodium	212mg	1162mg

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

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Spice Blend <i>(5ml [10ml] NOMU Italian Rub, 5ml [10ml] Garlic Powder & 10ml [20ml] NOMU BBQ Rub)</i>
5ml	10ml	Dried Thyme
100ml	200ml	Tomato Passata
50g	100g	Cheddar Cheese <i>grate</i>
5	10	Wonton Wrappers <i>cut into triangles</i>
50ml	100ml	Sour Cream

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. MEATBALLS Preheat the oven to 200°C. In a bowl, combine the mince, ⅓ of the onion, ½ of the spice blend, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until lightly golden but not cooked through, 2-3 minutes (shifting as they colour). Remove from the pan and place in an ovenproof dish.

2. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the remaining onion until soft and lightly golden, 4-5 minutes. Add the garlic, the remaining spice blend, and the thyme. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. Remove from heat, add a sweetener (to taste), and seasoning. Pour the sauce over the meatballs and scatter over the cheese.

3. CHEESY MOMENT Place the ovenproof dish in the hot oven and bake until the cheese is melted and lightly golden, 8-10 minutes. Remove from the oven.

4. WONTON WRAPPERS Return the pan, wiped down, to high heat with enough oil to cover the base. When hot, fry the wonton wrappers until crispy and golden, 30-60 seconds per side. Drain on paper towel and season.

5. TIME TO EAT Dish up the saucy cheesy meatballs, top with dollops of sour cream, and side with the wonton wrappers for dipping. Well done, Chef!