



UCCOOK

Swedish Ostrich Meatballs & Broccoli

with dill & a fresh side salad

Hands-on Time: 15 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	429kj	2083kj
Energy	103kcal	498kcal
Protein	8g	38.7g
Carbs	4g	21g
of which sugars	2g	8g
Fibre	1g	7g
Fat	5.6g	27.2g
of which saturated	2.4g	11.8g
Sodium	50.8mg	246.7mg

Allergens: Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel & finely dice ½ [1]</i>
5ml	10ml	Herbed Flour <i>(2.5ml [5ml] Corn Flour & 2.5ml [5ml] NOMU One For All Rub)</i>
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
40ml	80ml	Crème Fraîche
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
15ml	30ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Radish <i>rinse & thinly slice into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ON A ROLL Boil the kettle. In a bowl, combine the mince, a ¼ of the onion, and add seasoning. Roll into 4-5 meatballs per portion.

2. PREP STEP In a small bowl, combine the herb flour with 1 [2] tsp of warm water to make a slurry. Mix well and set aside.

3. FRY THE FLAVOURBOMBS Place a pan over medium heat with a small drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 2-3 minutes (shifting as they colour). Add the mushrooms and the remaining onion. Fry until the onion is soft, 2-3 minutes (shifting occasionally).

4. DILL-ICIOUS When the onion is soft, add the crème fraîche and 50ml [80ml] of hot water to the pan. Reduce the heat and simmer until slightly reduced, 8-10 minutes. In the final 1-2 minutes, add the cornflour slurry. Remove from the heat, add the dill and seasoning.

5. ROCK THAT BROCC While the sauce is reducing, place a clean pan over medium-high heat with a small drizzle of oil (if necessary). When hot, fry the broccoli until charred, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add a splash of water, the lemon juice (to taste) and seasoning. Cover and simmer until al dente, 1-2 minutes. Remove from the pan.

6. A FRESH TAKE In a bowl, combine the salad leaves, the radish, seasoning, and a drizzle of oil.

7. A SWEDISH TASTE SENSATION Plate up the charred broccoli. Side with the meatballs doused in the creamy sauce. Serve with the fresh salad. Dig in, Chef!