



# U C O O K

— COOKING MADE EASY

## Effortless Lamb Meatballs

**with crispy kale, golden sultanas & red pepper hummus**

Minimum effort, maximum flavour! Glossy orbs of herbed lamb mince, sprawled across a bed of crispy kale, roast chickpeas, and whole wheat couscous. With a scattering of sultanas to take it right to the top!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 4 People

---

**Chef:** Kate Gomba

---

 **Easy Peasy**

---

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



## Ingredients & Prep

240g	Chickpeas <i>drained &amp; rinsed</i>
200g	Kale <i>rinsed &amp; roughly shredded</i>
320g	Baby Tomatoes <i>rinsed &amp; halved</i>
30ml	Red Wine Vinegar
250ml	Red Pepper Hummus
600g	Lamb Mince
30ml	NOMU Italian Rub
1	Onion <i>peeled &amp; finely diced</i>
400ml	Whole Wheat Couscous
20ml	Chicken Stock
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
20g	Golden Sultanas <i>roughly chopped</i>

## From Your Kitchen

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

**1. CRUNCHY CHICKPEAS** Preheat the oven to 180°C. Place the drained chickpeas on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 20-25 minutes until crispy and caramel in colour. Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside for step 4.

**2. A LITTLE BIT OF PREP** Place the halved baby tomatoes in a bowl with the red wine vinegar and some seasoning. Toss to coat and set aside to marinate. Loosen the hummus with milk or water in 5ml increments until drizzling consistency. Season and set aside for serving.

**3. GET THE BALL ROLLING** Place the mince in a bowl with the Italian Rub and a drizzle of oil. Mix in the diced onion (to your taste preference) until well combined. Roll into 4-5 meatballs per portion and spread out on a lightly greased baking tray. Bake in the oven for 10-12 minutes until browned and cooked through, shifting halfway. Remove from the oven on completion and allow to rest for 2-3 minutes before serving.

**4. CRUNCHY KALE** When the chickpeas reach the halfway mark, give them a shift and return to the oven. Pop in the tray of kale and cook for the remaining roasting time until crispy.

**5. OH, WHAT A BREEZE!** Boil the kettle. Using a large bowl, submerge the couscous and stock in 500ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-6 minutes until cooked and tender. On completion, fluff up with the fork and add in the crispy kale and three-quarters of the chopped parsley. Toss through the baby tomatoes and the vinegar (to taste!) until evenly distributed.

**6. YOUR DINNER AWAITS** Dish up a pile of packed couscous salad. Scatter over the crispy chickpeas, top with the juicy meatballs, and drizzle over the hummus dressing. Garnish with the chopped sultanas and the remaining parsley. Dig in!



## Chef's Tip

Kale is high in vitamin C and iron. A quick massage and a sauté or roast makes it a great addition to stews, salads, and side dishes. Otherwise, simply add it raw to smoothies or juices.

## Nutritional Information

Per 100g

Energy	697kJ
Energy	167Kcal
Protein	10g
Carbs	16g
of which sugars	2.8g
Fibre	3.3g
Fat	6g
of which saturated	2.1g
Sodium	244mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites

Cook  
within 2  
Days