

WCOOK

Chicken Kiev Meatballs & Broccoli

with almonds, sun-dried tomatoes & feta

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

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 1	[Serves 2]	
240g	480g	Carrot <i>trim, peel & cut into bite-sized pieces on the diagonal</i>
30ml	60ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
150g	300g	Free-range Chicken Mince
10ml	20ml	NOMU Italian Rub
10g	20g	Almonds <i>roughly chop</i>
125g	230g	Long-stem Broccoli <i>rinse</i>
80ml	160ml	Panko Breadcrumbs
20ml	40ml	Red Wine Vinegar
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes
30g	60g	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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP In a small bowl, combine the cheese, parsley, and 30g [60g] 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, 5-6 minutes (shifting occasionally). Remove from the pan and season.

5. GOLDEN MEATBALLS Whisk 1 egg 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.

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!