



UCOOK

Mediterranean Chicken Meatballs

with a baby potato, hummus & sun-dried tomato jumble

A dish sent from the Greek gods! Whip some tangy hummus for a creamy addition to a moreish jumble of crispy baby potatoes and sun-dried tomatoes. Atop this heavenly heap sit juicy, herbed meatballs. Tangy, fresh, filling, and simply summery!

Hands-On Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Alex Levett

 Easy Peasy

 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

1kg	Baby Potatoes <i>halved</i>
90ml	Pickling Liquid <i>(60ml White Wine Vinegar & 30ml Honey)</i>
200g	Cucumber <i>sliced into thin half-moons</i>
600g	Chicken Mince
4	Garlic Cloves <i>peeled & grated</i>
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
30ml	NOMU Poultry Rub
20g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
170ml	Hummus
100g	Sun-dried Tomatoes <i>drained & chopped</i>
80g	Green Leaves <i>rinsed</i>
160g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Butter (optional)

1. CRISPY 'TATERS Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. To make sure they do get crispy, don't overcrowd the tray — use two trays if necessary. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. PICKLE TIME In a small bowl, add the pickling liquid, toss through the cucumber half-moons with a pinch of salt and a sweetener of choice. Set aside to pickle for at least 5 minutes.

3. WHAT A BALL Place the mince in a bowl, add in the grated garlic, white spring onion slices, poultry rub, ½ the chopped oregano and season. Mix until well combined. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs per portion and place on a lightly greased baking tray.

4. WHIP IT REAL GOOD! Drain the pickling liquid from the cucumbers and reserve. Blend the hummus with a touch of water or milk until drizzling consistency. If you don't have a blender, simply whip vigorously using a whisk. Mix in a drizzle of the reserved pickling liquid, season, and refrigerate until serving.

5. COLOUR EQUALS FLAVOUR When the potato reaches the halfway mark, place a pan on medium heat and cook the meatballs for 12-15 minutes until browned and cooked through, shifting halfway. Remove from the pan on completion and allow to rest for 2-3 minutes before serving.

6. MEDITERRANEAN TOUCH! When the potato has 5 minutes remaining, remove from the oven and add the chopped sun-dried tomatoes to the tray. Toss together with some pickling liquid to taste. Return to the oven and cook for 4-5 minutes until fragrant. In a bowl, toss the rinsed green leaves and pickled cucumber half-moons with a drizzle of oil and some seasoning.

7. WELCOME TO THE MED Smear a generous dollop of hummus whip across the side of your plates. Dish up the potato jumble on one side and the salad on the other. Top the pile of potatoes with the meatballs and garnish with the remaining chopped oregano, feta and the green spring onion slices. Time to devour!

Nutritional Information

Per 100g

Energy	500kJ
Energy	119Kcal
Protein	7g
Carbs	11g
of which sugars	3.5g
Fibre	1.8g
Fat	5g
of which saturated	1.9g
Sodium	188.4mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 3
Days