



# UCOOK

## Cheesy Beef Meatballs

with mozzarella & orzo

Succulent beef meatballs tucked under a deliciously tangy tomato sauce, covered with a bubbling blanket of golden-baked mozzarella. Sided with a bowl of tender orzo. You will dream about this dish for a long time, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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Fan Faves

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Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

|       |  |
|-------|--|
| 20ml  | Beef Stock                               |
| 16    | Free-range Beef Meatballs                |
| 2     | Onions<br><i>peel &amp; finely dice</i>  |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i> |
| 60ml  | NOMU Italian Rub                         |
| 800ml | Tomato Passata                           |
| 400ml | Orzo Pasta                               |
| 200g  | Grated Mozzarella Cheese                 |

## From Your Kitchen

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

**1. PREP** Preheat the oven to 200°C. Boil a full kettle. Dilute the beef stock with 200ml of boiling water. Set aside.

**2. MEATBALL TIME!** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan, place in a lightly greased oven-proof dish, and set aside.

**3. YOU SAY TOMATO... I SAY, YES!** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and the NOMU rub and fry until fragrant, 1-2 minutes (shifting regularly). Add the diluted stock, the tomato passata, and a sweetener (to taste). Simmer until slightly thickened, 7-8 minutes (stirring occasionally). Season and set aside.

**4. ODE TO ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**5. CHEESY FLAVOUR BOMBS** Evenly pour the tomato sauce over the meatballs. Sprinkle with the grated mozzarella and bake in the oven until the cheese is melted and golden, 10-12 minutes.

**6. BUON APPETITO!** Bowl up the orzo and cover in the saucy baked meatballs. Mamma Mia!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 668kJ   |
| Energy             | 160kcal |
| Protein            | 8.8g    |
| Carbs              | 13g     |
| of which sugars    | 3g      |
| Fibre              | 1.4g    |
| Fat                | 7.4g    |
| of which saturated | 3.1g    |
| Sodium             | 109mg   |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days