



UCOOK

Napoletana Beef Meatballs

with fresh spinach

As one of the most popular dishes to make around the world, every culture has their unique version of meatballs. This Italian version pairs browned beef meatballs with a luxuriously tangy tomato sauce called Napoletana. Served on a bed of steaming basmati rice.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemimah Smith

Simple & Save

Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
450g	Beef Mince
2	Onions <i>peel & roughly dice 1½</i>
30ml	NOMU Italian Rub
45ml	Tomato Paste
300g	Cooked Chopped Tomato
60g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

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

1. NICE RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. FLAVOURBOMBS In a bowl, combine the mince, ¼ of the diced onion, and ½ the NOMU rub. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the meatballs until browned but not cooked through, 3-4 minutes (shifting occasionally). Remove from the pan.

3. START THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until golden, 6-7 minutes (shifting occasionally). Add the remaining NOMU rub and the tomato paste, and fry until fragrant, 1-2 minutes.

4. ALL TOGETHER NOW Add the cooked chopped tomato, and 300ml of water. Simmer until slightly reduced, 10-12 minutes. Add the charred meatballs, the rinsed spinach, a sweetener (to taste), and seasoning.

5. DISH UP & ENJOY Plate up the rice and top with the napoletana meatballs. Enjoy!

Nutritional Information

Per 100g

Energy	606kj
Energy	145kcal
Protein	7.1g
Carbs	16g
of which sugars	2.7g
Fibre	1.4g
Fat	5.8g
of which saturated	2.2g
Sodium	61mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days