



UCOOK

Mamma's Cheesy Wagyu Meatballs

with mozzarella & linguine pasta

Picture it: putting a dish of succulent wagyu meatballs into the oven, each one tucked in under a heavenly Italian-style tomato sauce. Bubbling mozzarella and sprinklings of parsley are the perfect toppings. They are ladled over a bed of tender linguine and scattered with sunflower seeds and grated hard cheese. "Wow" is the only way to describe it!


Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Ella Nasser

 Fan Faves

 Leopard's Leap | Pinotage

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Ingredients & Prep

20g	Sunflower Seeds
10ml	Beef Stock
6	Free-range Wagyu Meatballs
1	Onion <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
20ml	(T) NOMU Italian Rub
400g	Cooked Chopped Tomato
250g	Linguine Pasta
80g	Spinach <i>rinsed</i>
60g	Grated Mozzarella
30ml	Grated Italian Style Hard Cheese
8g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. SUNNY SEEDS Preheat the oven to 200°C. Boil a full kettle. Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Dilute the beef stock with 100ml of boiling water.

2. WAGYU, WHOO HOO! Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 4-6 minutes, shifting as they colour, until browned but not cooked through. Remove from the pan, place in a lightly greased oven-proof dish, and set aside.

3. TOMATO SAUCE Return the pan to a medium heat with another drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and the rub and fry for 1-2 minutes until fragrant, shifting regularly. Add the diluted beef stock and the cooked chopped tomato. Allow to simmer for 5-6 minutes until thickened, stirring occasionally.

4. LINGUINE-STICS Place a pot for the pasta over a high heat and fill with well salted boiling water. If there's not enough, simply top up with tap water. Once boiling, cook the pasta for 10-12 minutes (with the lid off) until al dente. Taste to test, drain on completion, and return to the pot. Toss through some oil to prevent sticking, cover with a lid, and set aside for serving.

5. CHEESY MEATBALLS When the sauce is almost ready, stir through the rinsed spinach, some seasoning, and a sweetener of choice (to taste). Remove from the heat and evenly pour over the meatballs. Sprinkle with the grated mozzarella and bake in the hot oven for 8-10 minutes until the cheese is melted and golden. Remove from the oven on completion.

6. BUON APPETITO! Bowl up the linguine pasta and cover in the saucy baked meatballs. Garnish with the grated Italian-style hard cheese, the toasted sunflower seeds, and the chopped parsley. Mamma Mia!

Nutritional Information

Per 100g

Energy	777kJ
Energy	186kcal
Protein	8.6g
Carbs	18g
of which sugars	2.9g
Fibre	1.9g
Fat	8.2g
of which saturated	3.1g
Sodium	171mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days