



UCCOOK

Saucy Vegan Meatballs & Mashed Potato

with meat-like **Green Fields** meatballs & peas

Whether you've been a vegan for years, new to the world of veganism, or like to have a meat & dairy-free day once a week, you will be impressed with this recipe. From the meatiness of the Green Fields Meatballs, the generosity in flavours of the tomato sauce, dotted with plump peas & kidney beans, to the silky smooth potato mash.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10g	Sunflower Seeds
5	Green Fields Vegan Meatballs
1	Onion <i>peel & roughly slice ½</i>
120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
15ml	NOMU Spanish Rub
100ml	Tomato Passata
50g	Peas
60g	Kidney Beans <i>drain & rinse</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk or Milk Alternative (optional)
Plant-based Butter (optional)

1. MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of vegan butter (optional) and a splash of milk alternative (optional). Mash with a fork, season, and cover.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN MEATBALLS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan.

4. MAKE THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions and the carrot pieces until the onions are soft and lightly golden, 4-5 minutes. Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml of water. Simmer until reduced and thickening, 10-12 minutes. In the final 2-3 minutes, add the peas, the rinsed kidney beans, and the meatballs. Remove from the heat, add a sweetener (to taste), and season.

5. DINNER IS READY Dish up the mash, side with the saucy meatballs, and garnish with the chopped parsley. Enjoy, Chef!



Chef's Tip

Air fryer method: Air fry the meatballs at 200°C until crispy, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.4g
Carbs	13g
of which sugars	2.9g
Fibre	4.5g
Fat	6.3g
of which saturated	0.6g
Sodium	267mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days