



# UCOOK

## Swedish-style Wagyu Meatballs

with cranberry sauce, baby potatoes & fresh beetroot

For a speedy midweek meal with a difference, why not try our Swedish meatballs in a creamy sauce? The recipe takes minimum effort for maximum flavour, perfect for when time is of the essence.

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**Hands-On Time:** 25 minutes

**Overall Time:** 55 minutes


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**Serves:** 3 People


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**Chef:** Thea Richter

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 Easy Peasy

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 Warwick Wine Estate | Professor Black Pitch Black

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## Ingredients & Prep

750g	Baby Potatoes <i>halved</i>
9	Free-range Wagyu Meatballs
15ml	Chicken Stock
30ml	Cake Flour
7,5ml	Allspice
300ml	Fresh Cream
2	Lemons <i>1½ zested &amp; cut into wedges</i>
30ml	Worcestershire Sauce
30ml	White Wine Vinegar
10g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
450g	Beetroot <i>trimmed, peeled &amp; sliced into thin matchsticks</i>
90ml	Cranberry Sauce
75g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. SPUDTACULAR** 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 some seasoning. Roast in the hot oven for 35-40 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. MEATBALL PREP** Place a large pan (with a lid) over a medium-high heat with a drizzle of oil. When hot, fry the meatballs (in batches if necessary) for 5-6 minutes until browned but not cooked through, shifting occasionally. Remove on completion and drain on paper towel. Dilute the stock with 150ml boiling water.

**3. BEGIN THE SAUCE** Return the pan, wiped down if necessary, to a low-medium heat with 15g of butter. Once melted, vigorously whisk in the flour and the allspice (to taste) to form the roux. Cook out for 2-3 minutes, whisking constantly. Gradually pour in the diluted stock and the fresh cream, continuing to whisk constantly. Leave to simmer for 8-10 until smooth and saucy.

**4. BRING IT TOGETHER** Once the sauce is done, add the meatballs. Coat in the sauce, cover with the lid and gently simmer for 7-8 minutes or until cooked through. Season with a squeeze of lemon juice, the Worcestershire sauce (to taste), some salt, and pepper.

**5. A FRESH START** In a salad bowl, combine the white wine vinegar, lemon zest, a drizzle of oil, ½ the chopped dill, and some seasoning. Add the beetroot matchsticks and toss until fully coated. Loosen the cranberry sauce with water in 10ml increments until drizzling consistency.

**6. TIME TO DINE!** Dish up the beautifully roasted baby potatoes with the succulent meatballs and sauce alongside. Drizzle the cranberry sauce over the saucy meatballs. Pile on the beetroot salad and crumble over the drained feta. Garnish it all with the remaining chopped dill and serve any remaining lemon wedges on the side.



## Chef's Tip

If you're not a fan of raw beetroot, simply blanch your beetroot matchsticks in a pot of boiling water for a few minutes until the desired softness.

## Nutritional Information

Per 100g

Energy	681kJ
Energy	163Kcal
Protein	5.1g
Carbs	11g
of which sugars	4.1g
Fibre	1.1g
Fat	10.6g
of which saturated	5.5g
Sodium	172mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Soy

Cook  
within 3  
Days