



UCCOOK

Beef Meatball & Tomato Salad

with baby tomatoes & butternut half-moons

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info	Per 100g	Per Portion
Energy	519kJ	3015kJ
Energy	124kcal	721kcal
Protein	7.1g	41.4g
Carbs	7g	42g
of which sugars	1.7g	9.8g
Fibre	1.6g	9.5g
Fat	6.6g	38.2g
of which saturated	2.5g	14.3g
Sodium	247mg	1436mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Fish, Shellfish

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
15ml	30ml	NOMU Italian Rub
150g	300g	Beef Mince
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Pumpkin Seeds
5ml	10ml	Fish Sauce
10ml	20ml	Worcestershire Sauce
15ml	30ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
20g	40g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

1. READY THE ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MMMEATBALLS In a bowl, combine the mince, the garlic (to taste), the remaining NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE MEATBALLS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. In the final minute, baste with a knob of butter, and remove from the pan.

5. SENSATIONAL SALAD In a salad bowl, combine the fish sauce (to taste), the Worcestershire sauce, the lemon juice (to taste), the salad leaves, the baby tomatoes, 15ml [30ml] of olive oil, and seasoning.

6. FORK UP SOME FLAVOURBOMBS! Plate up the tomato salad and scatter over the cheese ribbons. Side with the roasted butternut, the meatballs, and all its pan juices. Sprinkle over the pumpkin seeds. Looks amazing, Chef!