



QCOOK

Red Wine Beef Meatballs

with sauerkraut mash

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	451kj	3567kj
Energy	108kcal	853kcal
Protein	5.6g	44.6g
Carbs	9g	72g
of which sugars	2.4g	19.1g
Fibre	1.6g	13g
Fat	4.9g	38.8g
of which saturated	1.9g	14.8g
Sodium	60mg	474mg

Allergens: Sulphites, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
30g	60g	Sauerkraut <i>drain</i>
4	8	Beef Meatballs
1	1	Onion <i>peel & roughly dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	2	Celery Stalk/s <i>rinse & roughly chop</i>
30ml	60ml	Tomato Paste
10ml	20ml	Gravy Base <i>(5ml [10ml] Beef Stock, 5ml [10ml] Cornflour)</i>
50ml	100ml	Red Wine

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Butter (optional)
Milk (optional)
Water
Sugar/Sweetener/Honey

1. SAUERKRAUT SPUDS Boil the kettle. Place the potato 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 butter (optional) and a splash of water or milk (optional). Mash with a fork, mix through the sauerkraut (to taste), season, and cover.

2. MMMEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 6-8 minutes, shifting as they colour. Remove from the pan.

3. BETTER TOGETHER Dilute the stock mix with 100ml [200ml] of warm water. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion, carrots, and celery until golden, 6-8 minutes (shifting occasionally). Add the paste and fry until fragrant, 1-2 minutes. Deglaze with the wine and fry until the wine has evaporated, 1-2 minutes. Add diluted stock mixture and simmer until reduced, 10-12 minutes. In the final 2-3 minutes, add the meatballs, a sweetener (to taste), and seasoning.

4. PALATE PERFECTION Dish up the creamy mash and top with the red wine meatballs. Enjoy!