



UCOOK

Beef Meatball Marinara

with a garlic-herb baguette

Indulge in the epitome of luxury, Chef! Crafted from premium beef, these succulent meatballs are simmered in a rich marinara sauce dotted with bocconcini balls. Accompanied by a golden, garlic-herb baguette, this dish is bound to elevate your dining experience to new culinary heights.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Morgan Otten

Adventurous Foodie

Laborie Estate | Laborie Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

450g	Beef Mince
2	Onions <i>peel & roughly dice 1½</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
45ml	Spicy Rub <i>(30ml NOMU Italian Rub & 15ml Dried Chilli Flakes)</i>
90ml	White Wine
300ml	Tomato Passata
12	Bocconcini Balls <i>drain & cut in half</i>
120g	Grated Mozzarella Cheese
8g	Fresh Thyme <i>rinse, pick & roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
3	Sourdough Baguettes

From Your Kitchen

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

1. MMMEATBALLS In a bowl, combine the mince, ¼ of the diced onion, ½ the chopped oregano, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

2. BROWN THE MEATBALLS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 1-2 minutes per side. Remove from the pan.

3. MAKE THE MARINARA Return the pan to medium heat with all the pan juices. Add a knob of butter. When hot, fry the remaining onion until soft and browned, 4-5 minutes. Add the spicy rub and fry until fragrant, 1-2 minutes. Pour in the wine and simmer until almost evaporated, 1-2 minutes. Mix in the tomato passata, 300ml of water, and simmer until slightly reduced, 6-7 minutes. Add a sweetener (to taste) and seasoning. Mix through the meatballs and pour the mixture into an ovenproof dish.

4. MELTING MOMENT Top the saucy meatballs with the halved bocconcini balls, the grated mozzarella cheese, and ¾ of the chopped thyme. Pop the dish into the hot oven and roast until the cheese is melted and the meatballs are cooked through, 10-12 minutes.

5. GARLIC BREAD In a small bowl, combine the grated garlic, the remaining thyme, 60ml of oil, and seasoning. Place the baguette on a chopping board and cut 4 horizontal incisions along the top - don't cut all the way through! Smear each incision with the garlic & herb oil and wrap the baguettes in tinfoil. Place on a baking tray and pop in the hot oven. Bake until warmed through, 10-12 minutes. In the final 3-5 minutes, remove the tinfoil and bake until crisp.

6. WINNER OF A DINNER Plate up the meatballs and all the sauce, and side with the garlic-herb baguettes to scoop up all the deliciousness. Garnish with the remaining oregano. Well done, Chef!

Nutritional Information

Per 100g

Energy	723kJ
Energy	173kcal
Protein	9.3g
Carbs	15g
of which sugars	2.9g
Fibre	1.3g
Fat	8g
of which saturated	3.8g
Sodium	233mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
3 Days