



UCCOOK

Greek Beef Meatballs

with garlic butterbean mash

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Sarah Hewitt

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	488kJ	3934kJ
Energy	117kcal	941kcal
Protein	6.1g	49.2g
Carbs	9g	74g
of which sugars	2.6g	20.6g
Fibre	2g	16.5g
Fat	5.8g	46.4g
of which saturated	1.9g	15.7g
Sodium	178mg	1436mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
5ml	10ml	Vegetable Stock
10ml	20ml	Tomato Paste
4	8	Beef Meatballs
1	1	Onion <i>peel & cut into wedges</i>
30g	60g	Pitted Kalamata Olives <i>drain</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
120g	240g	Butter Beans <i>drain & rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Blender
Milk (optional)
Butter (optional)

1. GOLDEN BUTTERNUT Boil the kettle. Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GO FOR GREEK Dilute the stock and the tomato paste with 50ml [100ml] of boiling water. Place the meatballs in an ovenproof dish with the onion, the olives, and the sun-dried tomatoes. Coat in oil and some seasoning. Pour in the tomato stock. Pop in the oven and roast until the meatballs and veggies are cooked and starting to brown, 15-20 minutes (shifting occasionally).

3. BEAN THERE, DONE THAT Place a pot over medium-high with a drizzle of oil. When hot, fry the garlic until fragrant, 1-2 minutes. Add the beans and 5ml [10ml] of milk or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter and seasoning. Place in a blender or mash with a fork or potato masher until desired consistency. If it's too thick add a splash of water or milk.

4. FLAVOURFUL VEG Once the veggies are cooked, remove from the tray and toss with the butternut, reserving the meatballs and sauce on the tray.

5. GREEK FEAST Make a bed of butter bean mash and top with the meatballs, drizzled with the tomato sauce. Side with the roasted veggies and enjoy the beautiful food, Chef!