



UCCOOK

Sicilian Beef Meatball Bowl

with bocconcini balls & sweet potato

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	624.3kJ	4103.5kJ
Energy	149.2kcal	980.8kcal
Protein	7.8g	51.2g
Carbs	9g	59g
of which sugars	4.3g	28.2g
Fibre	1.3g	8.6g
Fat	8.6g	56.3g
of which saturated	3.6g	23.5g
Sodium	51.5mg	338.3mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Sweet Potato Chunks
15ml	20ml	Dried Oregano
30g	40g	Sunflower Seeds
12	16	Beef Meatballs
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
12	16	Bocconcini Balls <i>drain & cut in half</i>
90ml	120ml	Zingy Balsamic <i>(30ml [40ml] Balsamic Reduction & 60ml [80ml] Lemon Juice)</i>
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. ROAST Coat the sweet potato pieces in oil, oregano and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. 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. You may need to do this step in batches. Remove from the pan and cut in half.

4. DINNER IS READY Bowl up the sweet potato, scatter over the meatball halves, tomato, bocconcini halves, and drizzle over the zingy balsamic. Sprinkle over the sunflower seeds and garnish with the basil. Dig in, Chef!