

QCOOK

Venison Meatballs & Mustard Cabbage

with roasted veggies

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Grootse Post Winery | Grootse Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	372kj	2741kj
Energy	89kcal	656kcal
Protein	7.6g	56.4g
Carbs	6g	46g
of which sugars	2.6g	19.1g
Fibre	1.9g	13.7g
Fat	3.3g	24.2g
of which saturated	1.7g	12.5g
Sodium	176mg	1298mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Venison Mince
1	1	Garlic Clove <i>peel & grate</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
150g	300g	Cauliflower Florets <i>rinse</i>
80g	160g	Green Beans <i>rinse & cut in half</i>
30g	60g	Cannellini Beans <i>drain & rinse</i>
10ml	20ml	NOMU One For All Rub
100g	200g	Cabbage <i>rinse & thinly slice</i>
15ml	30ml	Wholegrain Mustard
50ml	100ml	Fresh Cream
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. PREP Preheat the oven to 200°C. In a bowl, combine the mince, garlic, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

2. ROAST Spread the cauliflower, green beans, and the cannellini beans on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden and cooked through, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. MEATBALLS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 4-6 minutes (shifting occasionally). Remove from the pan.

4. MUSTARD CABBAGE Return the pan to medium heat with a drizzle of oil if necessary. Fry the cabbage and the remaining onion until lightly golden, 4-6 minutes (shifting occasionally). Mix in the mustard, the cream, 100ml [200ml] of water and the meatballs. Simmer until combined, and the meatballs are cooked through and creamy, 4-6 minutes. Remove from the heat and season.

5. TIME TO EAT Plate up the roast, top with the loaded creamy venison meatballs, sprinkle over the coriander, and enjoy, Chef!