



UCOOK

The Simplest Saucy Chicken Meatballs

with fluffy couscous & a green salad

The saying “dynamite comes in small packages” has never been truer than in this dish! Juicy chicken meatballs are generously coated in a dreamy red wine, tomato, and chickpea sauce. Served alongside plump couscous and fresh green leaves, the flavour never stops!


Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Quick & Easy

 Robertson Winery | Extra Light Merlot

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

Ingredients & Prep

75ml	Whole Wheat Couscous
150g	Free-range Chicken Mince
10ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Vinegar
60g	Chickpeas <i>drained & rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Red Wine
100g	Cooked Chopped Tomato
50ml	Fresh Cream
10g	Pumpkin Seeds

From Your Kitchen

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

1. BE-COUSCOUS, WHY NOT? Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

2. CON-MINCE ME In a bowl, combine the mince, seasoning, and the rub. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 3-4 minutes until browned but not cooked through, shifting occasionally. Remove from the pan on completion.

3. THE SALAD STEP In a salad bowl, combine the rinsed green leaves, the balsamic vinegar (to taste), a drizzle of oil, and seasoning.

4. GETTING SAUCY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the drained chickpeas and the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the red wine and leave to simmer for about 1-2 minutes, until almost all evaporated. Pour in the cooked chopped tomato and the cream. Reduce the heat and leave to simmer for 5-6 minutes until reduced and thickening, stirring occasionally. In the final 1-2 minutes, add the cooked meatballs. Season with salt, pepper, and a sweetener of choice.

5. TIME TO DINE! Pile up the tender couscous and top with the saucy meatballs. Pour over the creamy tomato sauce. Side with the dressed green leaves and sprinkle with the crunchy pumpkin seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	709kJ
Energy	170Kcal
Protein	9.1g
Carbs	14g
of which sugars	2.6g
Fibre	2.9g
Fat	7.2g
of which saturated	3.2g
Sodium	104mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Alcohol

Cook
within 1
Day