



UCCOOK

Red Wine Beef Meatballs

with sauerkraut mash

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 451kj | 3567kj |
| Energy | 108kcal | 853kcal |
| Protein | 5.6g | 44.6g |
| Carbs | 9g | 72g |
| of which sugars | 2.4g | 19.1g |
| Fibre | 1.6g | 13g |
| Fat | 4.9g | 38.8g |
| of which saturated | 1.9g | 14.8g |
| Sodium | 60mg | 474mg |

Allergens: Sulphites, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse, peel & cut into bite-sized pieces</i> |
| 90g | 120g | Sauerkraut <i>drain</i> |
| 12 | 16 | Beef Meatballs |
| 2 | 2 | Onions <i>peel & roughly dice 1½ [2]</i> |
| 360g | 480g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 3 | 4 | Celery Stalks <i>rinse & roughly chop</i> |
| 90ml | 125ml | Tomato Paste |
| 30ml | 40ml | Gravy Base <i>(15ml [20ml] Beef Stock, 15ml [20ml] Cornflour)</i> |
| 150ml | 200ml | Red Wine |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Butter (optional)
Milk (optional)
Water
Sugar/Sweetener/Honey

1. SAUERKRAUT SPUDS Boil the kettle. Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, mix through the sauerkraut (to taste), season, and cover.

2. MMMEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 6-8 minutes, shifting as they colour. Remove from the pan.

3. BETTER TOGETHER Dilute the stock mix with 300ml [400ml] of warm water. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion, carrots, and celery until golden, 8-10 minutes (shifting occasionally). Add the paste and fry until fragrant, 1-2 minutes. Deglaze with the wine and fry until the wine has evaporated, 2-3 minutes. Add diluted stock mixture and simmer until reduced, 12-15 minutes. Remove from the heat, add the meatballs and seasoning. In the final 2-3 minutes, add the meatballs, a sweetener (to taste), and seasoning.

4. PALATE PERFECTION Dish up the creamy mash and top with the red wine meatballs. Enjoy!