



UCOOK

Wagyu Meatball & Tomato Salad

with anchovies, baby tomatoes & butternut half-moons

Succulent beef wagyu meatballs & golden butternut are coated in NOMU Italian rub and oven-roasted to perfection. Sided with a zingy tomato, anchovy & Italian cheese salad. Garnished with pops of nutty pumpkin seeds.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into half-moons</i>
10ml	NOMU Italian Rub
3	Free-range Wagyu Meatballs
10g	Pumpkin Seeds
1	Garlic Clove <i>peeled & grated</i>
5g	Anchovies <i>drained & finely chopped</i>
10ml	Worcestershire Sauce
1	Lemon <i>rinsed & cut into wedges</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway). Place the meatballs in a bowl. Coat in oil and seasoning. Set aside.

2. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ADD THE MEATBALLS When the butternut has 10-12 minutes remaining, remove the tray from the oven and scatter over the dressed meatballs. Roast for the remaining time until cooked through.

4. SENSATIONAL SALAD In a salad bowl, combine the grated garlic (to taste), the chopped anchovies (to taste), the Worcestershire sauce, a squeeze of lemon juice (to taste), the shredded salad leaves, the halved baby tomatoes, 15ml of olive oil, and seasoning.

5. FORK UP SOME FLAVOURBOMBS! Plate up the tomato salad and scatter over the cheese ribbons. Side with the roasted butternut & meatballs. Sprinkle over the toasted pumpkin seeds. Serve with any remaining lemon wedges. Looks amazing, Chef!



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	6.8g
Carbs	7g
of which sugars	1.6g
Fibre	1.6g
Fat	8g
of which saturated	3.1g
Sodium	165mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook
within 3
Days