



# U COOK

## Mediterranean Ostrich Meatballs

with baby potatoes & tzatziki

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	296.7kJ	2063kJ
Energy	70.9kcal	493.3kcal
Protein	5.9g	41.2g
Carbs	6g	41.9g
of which sugars	2.4g	16.7g
Fibre	1.4g	9.5g
Fat	2.8g	19.6g
of which saturated	0.6g	4.3g
Sodium	79.2mg	550.4mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	Serves 2	
10ml	20ml	Lemon Juice
40ml	80ml	Tzatziki
3g	5g	Fresh Basil <i>rinse, pick &amp; roughly chop</i>
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>
100g	200g	Cucumber <i>rinse &amp; roughly dice</i>
1	1	Onion <i>peel &amp; finely dice 1/2 [1]</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut 1/2 [1] into thin strips</i>
3g	5g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
100g	200g	Baby Potatoes <i>rinse &amp; halve</i>
150g	300g	Free-range Ostrich Mince
50g	100g	Kale <i>rinse &amp; roughly shred</i>

**1. ROASTED POTS** Preheat the oven to 200°C. Place the kale in a bowl and lightly coat in cooking spray and seasoning. Using your hands, gently massage until softened. Spread the baby potatoes on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the potatoes have 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**2. MMMEATBALLS** In a bowl, combine the ostrich mince, 1/2 the sun-dried tomatoes, 1/2 the onion (to taste) and the oregano. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**3. COLOURFUL SALAD** In another bowl, mix together the pepper, cucumber, olives, the remaining onion, the remaining sun-dried tomato, basil and the lemon juice (to taste). Toss through the crispy kale, season and set aside.

**4. INTO THE PAN** Place a pan over medium heat. When hot, add the meatballs and lightly coat in cooking spray. Fry until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

**5. JUST LOOK AT THAT!** Make a bed of loaded salad. Top with the juicy meatballs and the roasted potatoes. Dollop over the tzatziki. Opa, Chef, dinner is ready!

## From Your Kitchen

Cooking Spray

Seasoning (Salt & Pepper)

Water