



UCCOOK

Mediterranean Venison Frikkadels

with baby potatoes & cottage cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 344kj | 2028kj |
| Energy | 82kcal | 485kcal |
| Protein | 8.9g | 52.6g |
| Carbs | 8g | 47g |
| of which sugars | 2g | 13g |
| Fibre | 1g | 8g |
| Fat | 1.7g | 9.8g |
| of which saturated | 0.5g | 2.9g |
| Sodium | 180.9mg | 1067.2mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 50g | 100g | Kale <i>rinse & roughly shred</i> |
| 20 | 40 | Peppadew - Sweet Piquante Peppers Whole |
| 200g | 400g | Baby Potatoes <i>rinse & halve</i> |
| 150g | 300g | Free-range Venison Mince |
| 20g | 40g | Sun-dried Tomatoes <i>finely chop</i> |
| 1 | 1 | Onion <i>peel & finely dice ¼ [½]</i> |
| 2.5ml | 5ml | Dried Oregano |
| 100g | 200g | Cucumber <i>rinse & roughly dice</i> |
| 20g | 40g | Pitted Kalamata Olives <i>drain & halve</i> |
| 10ml | 20ml | Lemon Juice |
| 40ml | 80ml | Low Fat Cottage Cheese |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. ROASTED POTS Preheat the oven to 200°C. Place the kale in a bowl and lightly coat in cooking spray or a drizzle of oil (optional) and seasoning. Using your hands, gently massage until softened. Spread the baby potatoes on a roasting tray. Coat in cooking spray or a drizzle of oil (optional) 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 mince, ½ the sun-dried tomatoes, 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, remaining sun-dried tomato, 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 or add a drizzle of oil to the pan (optional). 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 cottage cheese. Opa, Chef, dinner is ready!