



# UCOOK

## Sweet 'n Sour Wagyu Beef Meatballs

with jasmine rice & toasted cashews

There is nothing better than wagyu beef meatballs, pineapple & onions coated in a sweet 'n sour sauce. Served over a base of jasmine rice and topped with toasted cashews & fresh chives.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Quick & Easy

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 Creation Wines | Creation Syrah Grenache

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## Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
10ml	Low Sodium Soy Sauce
3g	Fresh Chives
10g	Cashew Nuts
1	Onion
1	Garlic Clove
60g	Pineapple Pieces
10g	Piquanté Peppers
4	Free-range Wagyu Beef Meatballs
60ml	Sweet 'n Sour Sauce <i>(30ml Tomato Sauce &amp; 30ml Rice Wine Vinegar)</i>

## From Your Kitchen

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

**1. SOY RICE** Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce (to taste), and cover.

**2. PREP** Rinse the chives. Roughly chop the cashew nuts and the rinsed chives. Peel ½ the onion and cut into 1cm thick slices. Peel and grate the garlic. Drain the pineapple pieces and the piquanté peppers. Roughly chop the peppers.

**3. GOLDEN CASHEWS** Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. PERFECT BEEF** Return the pan to medium-high heat with a drizzle of oil. Pat the meatballs dry with paper towel. When hot, fry the meatballs until browned, 3-5 minutes per side. Remove from the pan and season.

**5. SWEET & SOUR** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the drained pineapple pieces, the sweet 'n sour sauce, and 20ml of sweetener. Bring to a boil, then immediately remove from the heat. Stir through the cooked meatballs and the chopped peppers until fully coated. Season.

**6. SATISFYING SUPPER** Serve up the soy-infused rice and smother in the sweet 'n sour meatballs. Scatter over the toasted cashews and the chopped chives. Simply gorgeous, Chef!

## Nutritional Information

Per 100g

Energy	816kJ
Energy	195kcal
Protein	7.8g
Carbs	16g
of which sugars	4.3g
Fibre	0.8g
Fat	10.6g
of which saturated	3.9g
Sodium	193mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook  
within 3  
Days