



# Irish Beef Meatballs

with rice and tomato spinach sauce

Family 40-45 mins

4



Beef Mince



Garlic



Basmati Rice



Italian Herbs



Baby Spinach



Worcester Sauce



Onion



Passata



Breadcrumbs



Basil

Pantry Items: Water, Oil, Salt, Pepper, Sugar



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Lid, Sieve, Medium Pot

## Ingredients

|                 | 2P       | 4P        |
|-----------------|----------|-----------|
| Beef Mince      | 250 g    | 500 g     |
| Garlic          | 1 unit   | 2 units   |
| Basmati Rice    | 150 g    | 300 g     |
| Italian Herbs   | 1 sachet | 2 sachets |
| Baby Spinach    | 60 g     | 120 g     |
| Worcester Sauce | 1 sachet | 2 sachets |
| Onion           | 1 unit   | 2 units   |
| Passata         | 1 pack   | 2 packs   |
| Breadcrumbs     | ½ pack   | 1 pack    |
| Basil           | 10 g     | 20 g      |

## Nutrition

|                          | Per serving              | Per 100g                |
|--------------------------|--------------------------|-------------------------|
| for uncooked ingredients | 409.8 g                  | 100 g                   |
| Energy (kJ/kcal)         | 2693.7 kJ/<br>643.8 kcal | 657.4 kJ/<br>157.1 kcal |
| Fat (g)                  | 20.4 g                   | 5 g                     |
| Sat. Fat (g)             | 8.7 g                    | 2.1 g                   |
| Carbohydrate (g)         | 78.2 g                   | 19.1 g                  |
| Sugars (g)               | 8.7 g                    | 2.1 g                   |
| Protein (g)              | 35 g                     | 8.6 g                   |
| Salt (g)                 | 1.3 g                    | 0.3 g                   |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



### Cook the Rice

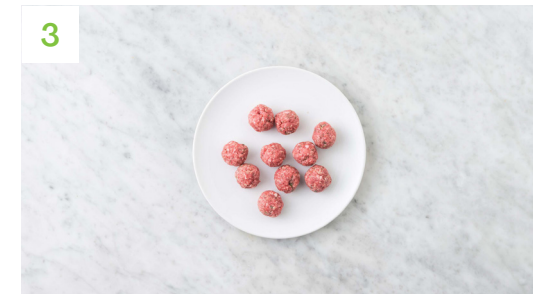
- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Prep the Veg

- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Thinly slice the **basil** (stalks and all).



### Make the Meatballs

- In a large bowl, mix half the **breadcrumbs**, 2 tbsp **water** and ½ tsp **salt** (double all quantities for 4p).
- Add the **beef mince** and dried **Italian herbs**.
- Season with **pepper** and mix together with your hands.
- Roll into evenly-sized balls, 5 per person.
- **IMPORTANT:** Wash your hands and equipment after handling raw mince.



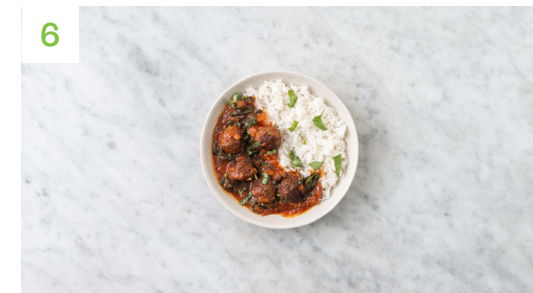
### Cook the Meatballs

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once hot, add the meatballs and fry until browned all over and cooked through, 10-12 mins.  
**IMPORTANT:** The meatballs are cooked when no longer pink in the middle.
- Remove from the pan when cooked.



### Make the Sauce

- Return the (now empty) pan to a medium-high heat, with another drizzle of **oil** if necessary.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **passata**, **Worcester sauce** and 1 tsp **sugar** (double for 4p). Simmer for 5-7 mins.
- Mix through the **spinach** and half the **basil**. Add the meatballs and cook for 1-2 mins, until warmed through. Season to taste with **salt** and **pepper**.



### Dish Up

- Serve the **rice** in bowls, topped with meatballs and sauce.
- Garnish with remaining chopped **basil**.

### Enjoy!