



Irish Beef Meatballs

with rice and tomato spinach sauce

Calorie Smart 40-45 mins

11



Beef Mince



Italian Herbs



Breadcrumbs



Rice



Passata



Basil



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock

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

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, medium pot

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	417 g	100 g
Energy (kJ/kcal)	2778.2 kJ/ 664 kcal	666.2 kJ/ 159.2 kcal
Fat (g)	20.7 g	5 g
Sat. Fat (g)	8.8 g	2.1 g
Carbohydrate (g)	82.5 g	19.8 g
Sugars (g)	9.4 g	2.3 g
Protein (g)	35.3 g	8.5 g
Salt (g)	1.9 g	0.5 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?
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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave aside for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Cook the Meatballs

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



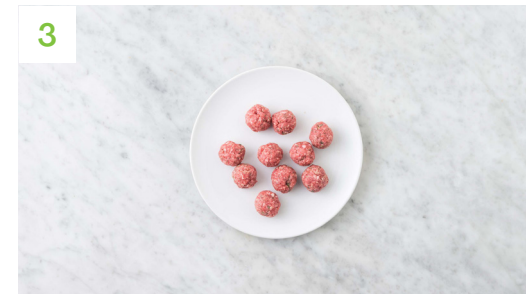
Prep the Veg

- While the **rice** cooks, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly tear the **basil** leaves.



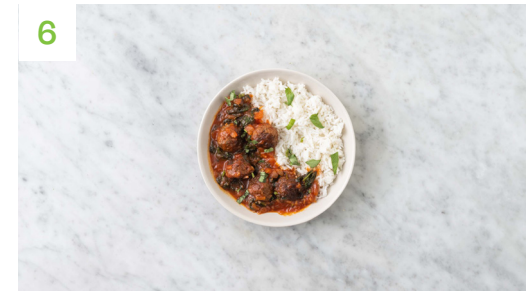
Make the Sauce

- Return the (now empty) pan to medium-high heat, with a drizzle of **oil** if needed.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **beef stock powder**, **passata**, **Worcester sauce**, 1 tsp **sugar** and 50ml **water** (double both for 4p). Simmer for 5-7 mins.
- Mix through the **spinach** and **half** the torn **basil**. Add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**.



Shape the Meatballs

- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** and ½ tsp **salt** (double both for 4p).
- Add the **beef mince** and **half** the **dried Italian herbs** (double for 4p).
- 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.



Dish Up

- Serve the **rice** in bowls.
- Top with **beef** meatballs and **spinach** sauce.
- Garnish with remaining torn **basil**.

Enjoy!