



Meatballs in Spinach Tomato Sauce

with rice and fresh basil garnish

40-45 mins

2



Beef Mince



Italian Herbs



Breadcrumbs



Passata



Basil



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock



Rice

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
Italian Herbs	½ sachet	1 sachet
Breadcrumbs	1 pack	2 packs
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
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	417 g	100 g
Energy (kJ/kcal)	2776.6 kJ/ 663.6 kcal	665.9 kJ/ 159.1 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)	2 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

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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).
- Roughly tear the **basil** leaves.



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.



Cook the Meatballs

- Place a large pan over medium-high heat with a drizzle of **oil**.
- 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 **beef stock**, **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 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 torn **basil**.

Enjoy!