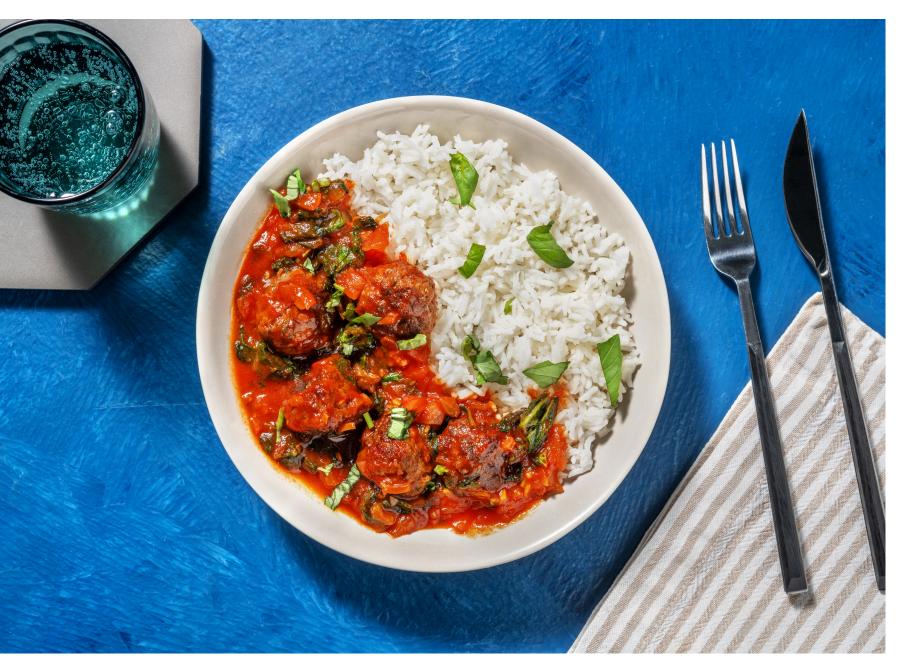


# Meatballs in Spinach Tomato Sauce

with rice and fresh basil garnish

40-45 mins











ef Mince

Italian Herb





Breadcrumbs

Passa





Basil

Onior





C--I:-

Baby Spinach





Worcester Sauce

Beef St



Rice

## 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
417 g	100 g
2776.6 kJ/ 663.6 kcal	665.9 kJ/ 159.1 kcal
20.7 g	5 g
8.8 g	2.1 g
82.5 g	19.8 g
9.4 g	2.3 g
35.3 g	8.5 g
2 g	0.5 g
	417 g 2776.6 kJ/ 663.6 kcal 20.7 g 8.8 g 82.5 g 9.4 g 35.3 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.





#### 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!**