



Irish Beef Meatballs

with rice and tomato spinach sauce

40-45 mins

1



Beef Mince



Italian Herbs



Breadcrumbs



Rice



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock



Parsley

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, pot with lid

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
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
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	414.5 g	100 g
Energy (kJ/kcal)	2790.7 kJ/ 667 kcal	673.3 kJ/ 160.9 kcal
Fat (g)	20.8 g	5 g
Sat. Fat (g)	8.8 g	2.1 g
Carbohydrate (g)	82.6 g	19.9 g
Sugars (g)	9.8 g	2.4 g
Protein (g)	35.2 g	8.5 g
Salt (g)	2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

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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Make 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.
- Cook for 10 mins then remove the pot from the heat.
- Keep covered for 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, fry the **beef** meatballs until browned all over and cooked through, shifting frequently, 10-12 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Once cooked, remove from the pan and cover to keep warm.



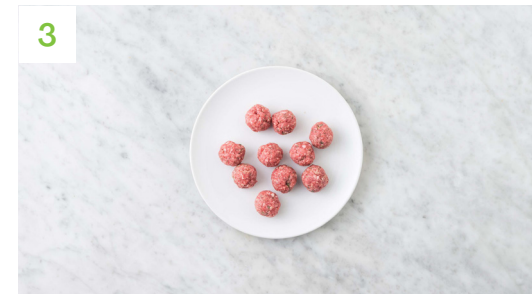
Get Prepped

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



Simmer 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 **parsley**.
- 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 hands and equipment after handling raw mince.



Garnish and Serve

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

Enjoy!