



# Beef Meatballs and Mashed Potato

with a rich spinach sauce

Family 40-45 mins

5



Beef Mince



Italian Herbs



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock



Parsley



Breadcrumbs



Potatoes

Pantry Items: Water, Oil, Salt, Pepper, Sugar, Butter, Milk (Optional)



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## 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

Colander, grater, pot with lid, potato masher

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Italian Herbs	½ sachet	1 sachet
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
Breadcrumbs	1 pack	1 pack
Potatoes	3 units	6 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	634.5 g	100 g
Energy (kJ/kcal)	3150.6 kJ/ 753 kcal	496.5 kJ/ 118.7 kcal
Fat (g)	26.8 g	4.2 g
Sat. Fat (g)	9.8 g	1.5 g
Carbohydrate (g)	90.1 g	14.2 g
Sugars (g)	16.2 g	2.6 g
Protein (g)	33.5 g	5.3 g
Salt (g)	4.3 g	0.7 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

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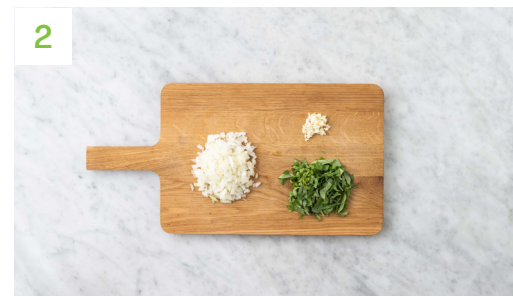
## Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pan off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



## Fry 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.



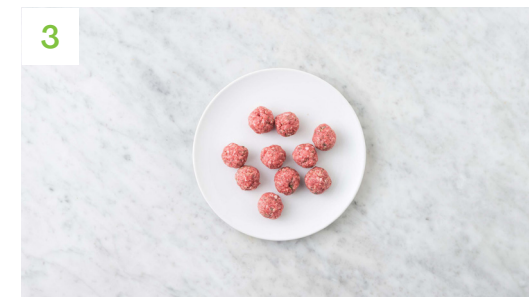
## Get Prepped

- Meanwhile, 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).



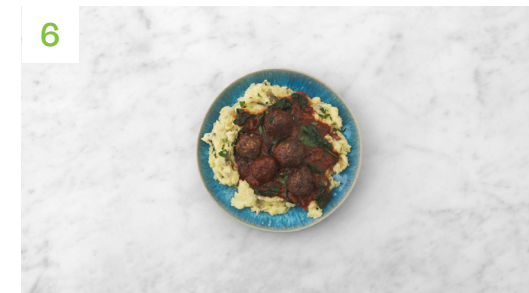
## Simmer the Sauce

- Return the 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 **stock powder**, **passata**, **Worcester sauce**, 1 tsp **sugar** and 50ml **water** (double both for 4p). Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach** and **half** the **parsley**. Add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



## Form 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 by hand.
- Roll into evenly-sized balls, five per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



## Garnish and Serve

- Divide the creamy mashed **potato** between bowls.
- Top with meatballs and **spinach** sauce.
- Garnish with a sprinkling of the remaining **parsley**.

## Enjoy!