



Irish Beef Meatballs

with rice and tomato spinach sauce

Family 40 – 45 mins

4



Beef Mince



Italian Herbs



Rice



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Beef Stock



Parsley



Breadcrumbs

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



Rate your recipe!

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	240 g	480 g
Italian Herbs	½ sachet	1 sachet
Rice	150 g	300 g
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	2 units	4 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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410 g	100 g
Energy (kJ/kcal)	2913 kJ/ 696 kcal	710 kJ/ 170 kcal
Fat (g)	19.7 g	4.8 g
Sat. Fat (g)	8.3 g	2 g
Carbohydrate (g)	90.3 g	22 g
Sugars (g)	13.6 g	3.3 g
Protein (g)	32.9 g	8 g
Salt (g)	2.7 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

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

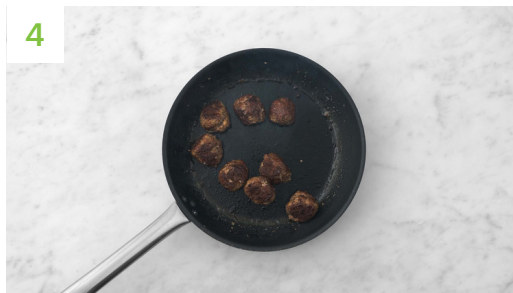


You can recycle me!



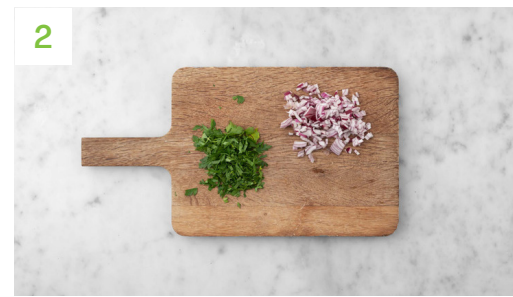
1 Make the Rice

- 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).



4 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.



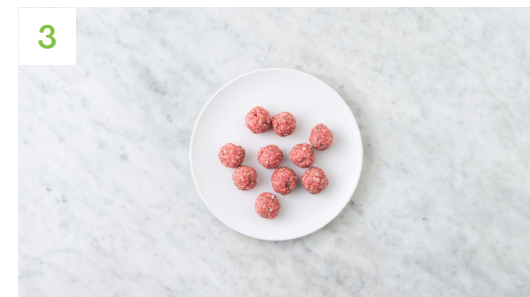
2 Get Prepped

- 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).



5 Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil** if required.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **stock**, **passata**, **Worcester sauce**, ½ tsp **sugar** and 50ml **water** (double both for 4p). Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach**. Add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



3 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**, **half** the **parsley** and **half** the **dried Italian herbs** (double both for 4p).
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



6 Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with **beef** meatballs and **tomato spinach** sauce.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!