



Irish Beef Meatballs

with rice and tomato spinach sauce

40 – 45 mins

4



Beef Mince



Italian Herbs



Rice



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Stock



Parsley



Breadcrumbs

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



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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

Baking sheet with baking paper, 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
Stock	1 sachet	2 sachets
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	412.3 g	100 g
Energy (kJ/kcal)	2933 kJ/ 701 kcal	711.4 kJ/ 170 kcal
Fat (g)	19.8 g	4.8 g
Sat. Fat (g)	8.6 g	2.1 g
Carbohydrate (g)	91.2 g	22.1 g
Sugars (g)	14.8 g	3.6 g
Protein (g)	33.2 g	8.1 g
Salt (g)	4 g	1 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.

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Shape the Meatballs

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Roughly chop the **parsley** (stalks and all).
- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** (per 2P) and ½ tsp **salt** (per 2P).
- Add the **beef mince**, **half** the **parsley** and **half** a sachet of **dried Italian herbs** (per 2P).
- 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.



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).



Bake the Meatballs

- Pop the meatballs onto a lined baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



Simmer the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **stock**, **passata**, **Worcester sauce**, ½ tsp **sugar** (per 2P) and 50ml **water** (per 2P). Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach** and cook until wilted, 1 min.
- Add the cooked meatballs and stir to coat in the sauce. Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



Make the Rice

- Pour 300ml cold **salted water** (per 2P) 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).



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!