



Beef Meatballs and Mashed Potato

with a rich spinach sauce

40 – 45 mins

9



Beef Mince



Italian Herbs



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Stock



Breadcrumbs



Potatoes

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



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

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Italian Herbs	½ sachet	1 sachet
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Baby Spinach	120 g	240 g
Worcester Sauce	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	662.3 g	100 g
Energy (kJ/kcal)	2794.9 kJ/ 668 kcal	422 kJ/ 100.9 kcal
Fat (g)	19.6 g	3 g
Sat. Fat (g)	8.7 g	1.3 g
Carbohydrate (g)	86.8 g	13.1 g
Sugars (g)	17.6 g	2.7 g
Protein (g)	33.6 g	5.1 g
Salt (g)	4.4 g	0.7 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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Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. 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.



Prep the Veg

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Shape the Meatballs

- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** (per 2P) and ½ tsp **salt** (per 2P).
- Add the **beef mince** 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.



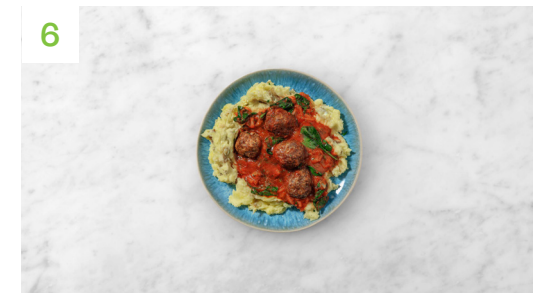
Simmer the Sauce

- Place a pan over medium-high heat, with a drizzle of **oil** if needed.
- 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. Once cooked, add the meatballs and stir until warmed through, 1 min.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



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.



Garnish and Serve

- Divide the creamy mashed **potato** between bowls.
- Top with meatballs and **spinach** sauce.

Enjoy!