






Cooking Made Easy

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Smokey Team-Effort Meatballs with Creamy Mash

Wisdom is everywhere, if you know where to look. Just the other day Patrick was wandering down to the Fresh Farm when he saw a big billboard exclaiming 'Dreams don't work, unless you do'. He took it as a sign to whip up these meatballs. They take a little bit of work but he wanted you to try something a little different and the end result is an absolute corker!



40 min



family box



gluten free



Red Onion



Minced Beef



Mustard



Dried Oregano



Cumin



Flat Leaf Parsley



Cheddar Cheese



Potatoes



Carrot



Yellow Pepper



Smoked Paprika




Tomato Passata




Muscovado Sugar

Ingredients

	2P	4P
Red Onion, sliced	-	1
Minced Beef	-	450g
Mustard	-	1 tsp
Dried Oregano	-	1 tsp
Cumin	-	1 tsp
Flat Leaf Parsley, chopped	-	3 tbsp
Cheddar Cheese, grated 1	-	4 tbsp
Potatoes, cubed	-	4
Carrot, cubed	-	1 cup
Yellow Pepper, sliced	-	1
Smoked Paprika	-	1 tsp
Tomato Passata	-	2 cups
Muscovado Sugar	-	1 tsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 890 kcal | Protein: 27 g | Carbs: 103 g | Fat: 21 g | Saturated Fat: 8 g

2



1 Peel and slice the onion in half lengthways through the root. Slice the onion into ultra-thin 'half moons' and keep 1 tbsp to the side. Add the rest to a large non-stick pan with 1 tbsp of olive oil and cover with a lid. Cook on low heat until step 6.

mins or until you can easily slip a knife through them. Drain and mash with a bit of milk and butter (if you have some) and a good pinch of salt.

5



2 Pre-heat the oven to 200 degrees and very finely dice the 1 tbsp of remaining onion. Add this to the beef in a bowl with the mustard, oregano, cumin and 1 tbsp of finely chopped parsley. **LH:** Add ½ tsp of salt and very thoroughly mix the ingredients, then form into golf balls. Stick your thumb into each, then fill with a bit of grated cheese before closing them up tight!

5 Meanwhile, peel and dice the carrot into tiny cubes (½cm if your knife skills allow). Remove the core from the yellow pepper and slice into thin matchsticks.

6



LH: We recommend enlisting the help of your junior sous chefs squeezing them (the meatballs!) quite tightly so they hold together.

6 Take the lid off the onions (which should be nice and soft) and add the carrot and pepper. Add the smoked paprika. Give it a stir and turn the heat to medium. Cook for around 8 mins.

7



3 Place the meatballs on a baking tray and cook on the top shelf of the oven for 20 mins. **Tip:** They should be nicely browned off when you remove them from the oven.

7 Once all the veggies are soft, add in the tomato passata and the muscovado sugar. Add ¼ tsp of salt and a few grinds of pepper (then taste and add more if needed). Bubble away for 5 mins on medium-low heat before adding in the meatballs. Cook for a further 5 mins before gently stirring in 1 tbsp of finely chopped parsley.

4 Boil a pot of water with ½ tsp of salt for the potatoes. Peel and chop the potatoes into roughly 3cm cubes. Boil them in the water for around 10

8 Serve with your mash and another sprinkle of parsley.