

Spiced Lamb Meatball Stew

with Rice and Coriander

CLASSIC 30 Minutes • Medium Heat







Lamb Mince







Panko Breadcrumbs





Finely Chopped Tomatoes with Garlic & Onion



Green Pepper

Knorr Chicken Stock Pot



Basmati Rice



Coriander

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Frying Pan (with a Lid), Measuring Jug and Large Saucepan (with a Lid).

Ingredients

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	2P	3P	4P	
Lamb Mince **	200g	300g	400g	
Middle Eastern Style Spice Mix	1 small pot	¾ large pot	1 large pot	
Panko Breadcrumbs 13)	10g	15g	20g	
Water for the Meatballs*	1 tbsp	1½ tbsp	2 tbsp	
Green Pepper**	1	2	2	
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons	
Knorr Chicken Stock Pot	1 pot	1½ pots	2 pots	
Water for the Sauce*	100ml	150ml	200ml	
Basmati Rice	150g	225g	300g	
Water for the Rice*	300ml	450ml	600ml	
Coriander**	1 bunch	1 bunch	1 bunch	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
	_	_
for uncooked ingredients	475g	100g
Energy (kJ/kcal)	2462 /589	518/124
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	79	17
Sugars (g)	15	3
Protein (g)	29	6
Salt (g)	4.15	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

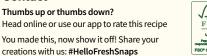
Allergens

13) Gluten

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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1. Brown the Meatballs

In a bowl, mix the lamb mince, Middle Eastern spices, breadcrumbs and water (see ingredients for amount) with a pinch of salt and pepper. Shape into 3-4 **meatballs** per person. **TIP:** *Make* sure the meatballs are rolled well so that they stick together! **IMPORTANT:** Wash your hands after handling raw meat! Heat a splash of oil in a large frying pan on medium-high heat. When hot, add the **meatballs**. Fry until browned all over, turning frequently, 5-7 mins.



2. Simmer the Stew

Meanwhile, halve the **pepper**, remove the core and seeds and chop into 2cm chunks. When the meatballs are browned, add the pepper and stirfry for 3mins, until softened. Pour in the chopped tomatoes, half the Knorr stock pot, water (see ingredients for amount) and bring to the boil. Add a pinch of **sugar** (if you have some). Stir, reduce the heat, cover the pan with a lid or foil and simmer for 15-20 mins. Stir occasionally.



3. Cook the Rice

Pour the water for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the remaining **Knorr stock pot**, stir to dissolve then stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



4. Finish the Prep

Roughly chop the **coriander** and keep to one side. Quickly do any washing up that needs doing.



5. Thicken the Stew

When the **meatballs** have been cooking for 15 mins, remove the lid or foil, increase the heat to medium-high and leave to bubble away until the **sauce** is thick and tomatoey, another 5 mins. **IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle.



6. Serve

When the rice is cooked, fluff it up with a fork and stir through half the coriander. Share between your bowls. Reheat the **meatball stew** until piping hot (if necessary) and spoon on top of the rice. Finish with a sprinkling of remaining coriander.

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At Knorr, our stocks are made with carefully selected ingredients, that are slowly simmered to release maximum flavour. Our stocks are also gluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!