

Mediterranean meatball stew



Serves
4 people

Prep Time

Cooking

Total Time

Calories

353 kcal

Stuff that's in it:

- 130G Onion (Diced)
- 40G Parmesan Shavings
- 1Tsp Garlic Powder
- 140G Red Peppers (Diced)
- 2 Celery Stalks (Diced)
- 2 Cloves Garlic (Finely Chopped)
- 2Tsp Olive Oil (1 For Meat Balls, 1 For Veg)
-
- 1 Can Chopped Tomatoes (Refill With Water 3 Times)
- 1 Beef Stock Cube
-
- 130G Carrots (Diced)
- 160G Courgette (Diced)
- 2Tbsp Fresh Basil (Torn)
- 15Ml Balsamic Vinegar
- 150G Sugar Snap Peas (Sliced)
- 2Tsp Italian Herbs

- 500G Pork Mince 5% Fat
- 500G Mine Beef 5% Fat
- 150G Dry Weight Basmati Rice (Cooked As Per Packet Instructions)

What you do:

Tip your minces into a large mixing bowl, add the garlic powder, mixed herbs and Parmesan, add salt and pepper and using your hands combine well. Roll the mixture into small balls, you can get 60 small ones or if time strapped 30 medium ones (these will take a little longer to fry)

Put to one side

Add the meatballs to a large high sided non stock pan and squirt a little oil, on a medium heat, gently fry the meatballs for around 10 minutes, turning until cooked through, remove from pan.. (may need to do this in batches)

Put the rice on to cook

Squirt the rest of the oil in the pan, heat and add the onion, celery, carrot, peppers and courgette, fry for a few minutes then add the garlic, fry until slightly softened then add the remaining mixed herbs, stock cube, tomatoes, balsamic vinegar, chopped sugar snap peas and fill the tomato can with water 2 times and tip into pan, bring to boil then simmer for 25-30 mins. Add the basil leaves, then add another can of water, add the meat balls and rice, stir through and serve.

Nutrition

- Carbs: 31g
- Fat: 9g
- Protein: 33g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com