FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Cheesy balls in blackcurrant and ale gravy



Serves	Prep Time	Cooking	Total Time	Calories
6 people				**526 kcal**

Stuff that's in it:

• 2 Onions (Chopped)

• 1 Small Onion (Chopped Finely For Gravy)

• 1 Tbsp Fresh Rosemary (Chopped Roughly)

• 1 Tbsp Worcester Sauce

• 500G Lean Pork Mince

• 30G Plain Flour

• 5 Tsp Black Cherry Conserve / Jam

• 1 Tsp English Mustard

• 100G Lighter Mature Cheddar (Chopped Into Equal Small Cubes (Around 12))

• 200 Ml Pale Ale

• 1Kg Lean Mince Beef

• 700Ml Knorr Beef Stock Cube (Hot Water)

• 200G Lean Mince Beer (For Gravy)

• 2 Tsp Rapeseed Oil

What you do:

Pop your oven on it's highest heat setting

Put your 2 onions and rosemary in a food processor and blitz until chopped up finely. Heat a deep pan with a squirt of oil and gently cook your mixture until the onions are soft adding the Worcester sauce as you go. Leave to cool.

In a large bowl, add the mince beef and mince pork. Then add the onion mixture and mix well , rolling into around 12 equal balls.

Push each cube of cheese into the ball and roll around packing tightly. Pop in the fridge.

To make the gravy, add your remaining oil to a pan and heat, add the mince meat and onion and gently brown. Add the mustard, Jam and flour, then add the pale ale and stock. Bring to boil then reduce until thick add I g salt and pepper.

Pop your balls in a pre heated tray and bang in the oven for around 12-15 minutes, take them out of the oven, pour over the gravy and add for another few minutes until golden.

Nutrition

- Carbs: 11g
- Fat: 22g
- Protein: 64g

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