



PORCUPINE MEATBALLS (SERVES 4)

INGREDIENTS

500g beef mince
400g can diced tomatoes
1 onion (finely chopped)
1 carrot (grated)
2 teaspoons mixed herbs

1/2 cup rice (rinsed)
1 3/4 cups water (not provided)
4 medium potatoes (peeled and chopped)

1 tablespoon margarine or butter (not provided)
1/3 cup milk (not provided)
Salt & pepper to taste (not provided)

UTENSILS

Large saucepan
Wooden spoon
Ladle
Chopping board

Knife
Potato masher
Large bowl
Tablespoon

Teaspoon
Measuring cup set or jug
Peeler

PORCUPINE MEATBALLS



METHOD

1. Place tomatoes and 1 $\frac{3}{4}$ cups of cold water in a large saucepan on medium heat. Bring to the boil.
2. In a large bowl combine beef mince, chopped onion, grated carrot, rice, and mixed herbs (plus any additional vegetables). Shape in to bite-sized meatballs.
3. Add meatballs gently to the boiling tomato and water mix. Reduce the heat and allow to simmer for 40 minutes or until the rice is tender and the meatballs are cooked through.
4. Cook potatoes in a medium saucepan of boiling water. Boil until tender and then mash with milk and butter or margarine (as per instruction card).
5. Once cooked serve meatballs and sauce on top of mashed potato.

FOR MORE INFORMATION

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