

Meatballs

Ingredients

- 24 Beef Meatballs
- 150g diced frozen onion
- 150g diced carrot (2 medium)
- 150g turnip
- 75g frozen peas
- 75g frozen sweetcorn
- 1 x powdered Beef Casserole Sauce

Options

- You can vary the vegetables
- The alternative, Peppered Beef Sauce, is excellent, but far too nippy for Marion's Meals!
- Instead of the Beef Casserole Sauce, this can also be made with the tomato and onion sauce from the bolognaise recipe.

Equipment

- Sharp knife
- Measuring Jug
- 1 Large Saucepan
- Spatula
- Whisk

Preparation

- Get ingredients and equipment to hand

Vegetables

- Dice the onion, but it is much easier to use frozen diced onion
- Peel and dice the carrot & turnip

Method

Pre-heat the oven to 180°.

Get the kettle filled and boiled.

Place the meatballs on a baking tray and pop in the oven for 10 minutes, turning the meatballs part way through this time.



Transfer to a large pot and add enough boiling water to cover the meatballs. Probably 1.5 litres but it depends on the size of the pot.

Add the onion, carrot and turnip and make sure it's all covered with hot water.

Don't add the peas at this time.

Return to a boil then simmer for 30 minutes or until the vegetables are getting soft.

About 25 minutes into the simmer, empty the sauce packet into a measuring jug and add a little water. Ignore the instructions on the packet! Give it a good mix with a whisk or fork, until the powder is incorporated into a loose paste.

Add the sauce, the peas and the sweetcorn to the pot with the meatballs.

Return to the boil then simmer for 5 minutes.

Remove from the heat and allow to cool for 5 minutes.

Portions

Number of portions	4
Final Portion Size	6 meatballs
Storage Container	Large Plastic

6 meatballs is quite a large portion for Marion and sometimes she will ask for this with 5, or even 4, meatballs.

Storage

This can be served fresh but also ideal for freezing in large plastic containers for individual portions.

May be better in a 3-cell tray with potato and the peas and sweetcorn separate rather than in the mix.

Allow to cool before freezing

Heating & Serving

Suitable for microwave or stove-top heating.



5 min

10 min

Adjust times if heating from frozen

Be sure the meal is piping hot throughout before serving.

Can be served with Ben's rice or with a potato, carrot and turnip mash.

Not really suitable to eat directly from the tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrots



Portioned with the beef casserole sauce. You'll need to heat potato to go with this.



Alternative with the tomato bolognese sauce and fusilli but no good if you don't have a stove top to cook the pasta as there is no space in the plastic tub to freeze the pasta with the meatballs.