

# RECIPE

## INGREDIENTS

500g chicken or beef mince

1 egg

1 finely chopped onion

1 jar of salsa

1 chopped jalapeno

1 can kidney beans

Salt

Pepper

Tomato sauce

Bbq sauce

Rice or pasta

## METHOD

1. Boil rice or pasta and set aside
2. Mix the mince with the egg, onion, salt, pepper and sauces.
3. Roll the mixture into balls and fry in olive oil
4. Once meat balls are cooked pour salsa a drained kidney beans and jalapeno over them and heat
5. Add the precooked rice or pasta and stir through to reheat
6. Serve with pita or flat bread

## SHOPPING LIST

500g Chicken or beef mince

1 egg

1 onion

1 jar of salsa heat you prefer

1 jalapeno

1 can kidney beans

Salt

Pepper

Tomato sauce

Bbq sauce

Rice or pasta