

COUNTRY FRENCH MEATBALLS

HEALTHY
PICK



Serves 4-5



Prep Time 15 minutes



Cook Time 35 minutes



INGREDIENTS

- 250-350 g lean beef mince
- 250 g sausage meat
- 2-4 Tbsp chopped fresh parsley
- 2 tsp prepared mustard (optional)
- 1 onion, peeled and sliced or leek, sliced
- 250 g flat mushrooms, sliced

METHOD

1. In a bowl mix together the beef mince, sausage meat, chopped parsley and mustard (if using) and season with salt and pepper. Use wet hands to roll the mixture into 14-16 balls.
2. Heat a dash of oil in a lidded frying pan and quickly brown the meatballs and sliced onion.

- 545 g can **Wattie's Just Add Mince Country French Mince Simmer Sauce**
- ½ cup beef stock or water

3. Add the mushrooms, **Wattie's Just Add Country French Mince Simmer Sauce** and beef stock or water. Stir to mix.

4. Cover and simmer for 30 minutes. Scatter over the chopped parsley before serving with mashed potatoes.