

PORCUPINE MEATBALLS



Serves 4-5



Prep Time 15 minutes



Cook Time 30-35 minutes



INGREDIENTS

- 500g lean beef mince
- ¼ cup freshly chopped parsley
- ½ cup grated carrot
- ½ cup uncooked long grain rice
- 1 onion, chopped
- 2 sticks celery, chopped
- 1 Tbsp **Wattie's Tomato Paste**

METHOD

1. In a bowl mix together beef mince, parsley, grated carrot and long grain rice. Season with salt and pepper. Roll mixture into 16 even sized balls.
2. Heat a dash of oil in a lidded frying pan. Add onion and celery and cook until softened. Stir in **Wattie's Tomato Paste**. Pour over **HEINZ [SERIOUSLY] GOOD™ Beef Casserole Simmer Sauce**

- 500g jar **HEINZ [SERIOUSLY] GOOD™**
Beef Casserole Simmer Sauce
- ½ cup water
- 1 bay leaf (optional)

and water. Stir while bringing sauce to the boil. Reduce heat and add meatballs and bay leaf. Cover. Simmer for 30-35 minutes, turning meatballs halfway during cooking, until meatballs are cooked. Serve with your favourite green vegetables.