



4

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Oven

LANCEWOOD® MEATBALLS & POTATOES

INGREDIENTS:

Meatballs:

500 g lean beef mince

½ a 50 g packet brown onion soup

125 ml **LANCEWOOD® Double Cream Plain Yoghurt** or **LANCEWOOD® Sour Cream**

Sauce:

30 ml oil

1 clove garlic, crushed

1 onion, chopped

1 x 410 g can chopped peeled tomatoes

15 ml sugar

5 ml mixed herbs

250 ml beef stock

Salt & freshly ground black pepper to taste

3 potatoes, peeled, quartered & cooked until just soft

250 **Lancewood® Cheddar**, grated

To serve:

750 ml rice, cooked

METHOD:

Meatballs:

Preheat the oven to 180°C. Mix the mince, brown onion soup and yoghurt or sour cream together. Shape into meatballs and place in a casserole dish.

Sauce:

Heat the oil and fry the garlic and onion until golden. Add the tomatoes, sugar, mixed herbs and beef stock and simmer over low heat for 2 minutes. Spoon over the meatballs and arrange the potatoes in between. Sprinkle cheese over and bake for 30 – 40 minutes.

Serve with rice and steamed vegetables.

PRODUCTS USED:



Double Cream Plain Yoghurt



Cheddar

ENJOY!