

BEEF MEATBALLS ON A BED OF POTATO MASH TOPPED WITH HERBY TOMATO GRAVY



Serving: 4

Cooking Time: 30 minutes

Prep Time: 10 minutes

INGREDIENTS

- *Meatballs:*

- 300g beef mince
- Salt, to taste
- **Gravy:**
- 1 x 410g tin tomato and onion relish
- 1 onion, sliced
- 30ml (2 tbsps) parsley, finely chopped
- **Mash:**
- 300g potatoes
- Salt, to taste
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- 125g frozen peas, heated

INSTRUCTIONS

1. For the meatballs, season the mince well and form into round balls.
2. To make the gravy, put the tomato and onion into a pot together with the rest of the parsley and 250ml (1 cup) of water and cook for about 20 minutes. Drop carefully the meatballs into the sauce and with the lid on cook for a further 20 minutes. Remove the lid and simmer for 20 minutes until the sauce has thickened slightly adding more water only if it is necessary.
3. For the mash, boil the potatoes until soft, drain and mash until smooth.
4. Add Mageu and stir to create that tangy taste.
5. Serve the mash with the peas and topped with the meatball and gravy.

Description:

Serve tasty dinner for 4 at R90 ONLY. Hunger can be real for most, but potato based meals provide hope. Nothing like a lightly fried meatballs or meatballs added to a good

tomato sauce gravy to make you realize that great food can be prepared with limited resources.