

MEATBALLS WITH RICE

SERVES 4

Ingredients

2 tsp of Kicking Coriander
454 g of beef or lamb mince
1 onion
1 cup of frozen peas
1 cup of rice (1/4 cup per person)
1 vegetable stock cube

Prep time: **5** Mins

Cook time: **35** Mins



1. Preheat oven to 180 degrees (Fan 160 degrees).
2. Peel and finely chop the onion.
3. In a bowl mix the mince, onion and Kicking Coriander.
4. Put rice and frozen peas into a oven proof dish with a tight lid (if not cover with foil).
5. Boil the kettle and put 2 cups of boiling water into the dish.
6. Make meatballs, roughly the size of walnuts and place on top of the rice.
7. Put tightly fitting lid or foil on top of the dish.
8. Cook for 35 minutes until rice is cooked.
9. Serve Immediately.