



Recipe Card

Speedy Meaty  
Footballs

How  
difficult is it?



pure family  
FOOD

liked by 

 AllergyUK

## Ingredients

- 500 g minced meat (e.g. low-fat pork, beef or turkey)
- 1/2 tsp dried mixed herbs
- 1/2 tsp sumac (optional)
- 1/2 tsp salt
- 1 clove garlic crushed
- 1 red onion finely chopped
- 1 tbsp olive oil
- 400 g passata
- 10 g fresh parsley chopped

## Speedy Meaty Footballs

We're celebrating the 2018 FIFA World Cup with this Speedy Meaty Football recipe. Perfect for all sports fans - and so easy, that all the preparation can be done during half time.

### Instructions

1. In a bowl, mix together the minced meat, herbs, sumac, salt and garlic until thoroughly blended.
2. Heat the oil in a large pan, and gently fry the onion for 7-8 minutes until soft. Remove from the pan and keep to one side.
3. Break off walnut-size pieces of mince mixture, roll into balls and add to the pan. Repeat until you have used up all the mixture.
4. Cover with a lid, and fry until the meatballs are cooked all the way through. Remove the lid and turn each meatball over to brown on the other side.
5. Return the onions to the pan, and add the passata. Heat through for 5 minutes and serve scattered with fresh parsley.
6. Delicious served with rice, quinoa or buckwheat or your favourite spaghetti.