

MEATBALLS IN TOMATO SAUCE AND CAULIFLOWER RICE

2 persons / 575 kcal per serving

Ingredients:

- 250 grams ground beef
- 2 cloves of garlic
- 1 onion
- ½ egg
- 2 tablespoons sweet soy sauce
- ½ tablespoon paprika powder
- 1 tablespoon Provencal spice mix
- ½ teaspoon nutmeg
- 20 grams grated cheese
- 200 grams tomato frito
- 35 grams tomato paste
- 1 tablespoon breadcrumbs
- 1½ tablespoon oil
- 200 grams cauliflower rice
- pepper and salt



Preparation:

Finely chop the onion and garlic. Knead 1/3 of the chopped onion, half of the chopped garlic, grated cheese, egg, sweet soy sauce, paprika, nutmeg, pinch of pepper, pinch of salt and breadcrumbs through the minced meat and make medium-sized balls. Put the meatballs back in the fridge for a while. Heat a ½ tablespoon of oil in a frying pan and briefly fry the remaining onion and garlic. Pour in the tomato frito. Then add the Provencal herbs. Let the sauce simmer on a low heat. In a frying pan, heat 1 tablespoon of oil and fry the meatballs brown and almost done. Reduce the heat and add the tomato paste to the meatballs and stir well until well spread over the meatballs. Add the balls to the tomato sauce and let it sit gently for another 15 minutes, so that the flavors can continue to blend. Cook the cauliflower rice in a saucepan of boiling water and some salt for 1-2 minutes.

Nutritional value per portion:

Energy:	575 kcal
Protein:	35.4 grams
Carbohydrates:	23.4 grams
- including sugars:	14.2 grams
Fat:	36.8 grams
Fiber:	4.3 grams
Salt:	3.6 grams