

# MEATBALLS IN TOMATO SAUCE

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2 persons / 584 kcal per person

## Ingredients:

- ½ sachet of minced spice mix
- 250 grams minced beef
- ½ egg
- 130 grams of brown rice
- ½ onion
- 250 grams of broccoli
- 10 grams of butter
- 250 grams of pasta sauce
- 1 teaspoon of sambal
- pepper and salt

## Preparation:

Mix spice mix, minced meat and egg. Knead small meatballs from this. Cook rice according to instructions. Peel and chop onion. Clean broccoli and divide into florets. Boil broccoli in 5 minutes until al dente. Heat butter in a frying pan and brown the balls on all sides. Add onion and fry for 2 minutes. Add pasta sauce, sambal, 50 ml water and broccoli and simmer covered for 10 minutes. Serve meatballs with rice.

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Nutritional value per person:

Energy:	584 kcal
Protein:	28.6 grams
Carbohydrates:	70,9 grams
- including sugars:	11,9 grams
Fat:	18,8 grams
Fiber:	8,4 grams
Salt:	2.9 grams