

MEATBALLS AND PILAV WITH PEACH AND BEANS

2 persons / 599 kcal per person

Ingredients:

- 200 grams of mixed minced meat (half and half)
- ½ tablespoon oil
- 1 onion
- ½ teaspoon ground cumin
- 200 grams of green beans
- 130 grams of basmati rice
- 115 grams of peaches in juice (drained weight)
- 1 tablespoon of raisins
- pepper and salt

Preparation:

Cook the rice according to the instructions on the package. (Clean the green beans and halve the beans if necessary), pre-cook them for 6 minutes. Chop the onion. Season the minced meat with some salt and pepper and, with wet hands, make 12 balls of the minced meat the size of a small walnut. Heat a frying pan without oil and fry the balls for 10 minutes on medium heat on all sides until golden brown and cooked through. Meanwhile, heat the oil in a large frying pan and fry the onion with the cumin for 2 minutes over medium heat. Add the green beans and cook for a further 6 minutes. Stir in the rice and cook for a further 2 minutes. Season, if necessary, with pepper and salt. Meanwhile, drain the peaches and cut into pieces. Toss through the rice along with the raisins. Divide the meatballs over the pilaf. Serve immediately.

Nutritional value per person:

Energy:	599 kcal
Protein:	27.5 grams
Carbohydrates:	74.9 grams
- including sugars:	15.3 grams
Fat:	20.8 grams
Fiber:	7.4 grams
Salt:	1.5 grams

