



MAGGI Meatballs Braised in Slow Cooked Red Pepper Gravy with Cheesy MAGGI Mash and Fresh Coriander

Ingredients

- g Bread Crumbs, Dry, Grated, Plain
- g Beef, ground, 95% lean meat / 5% fat, raw
- g Garlic, Raw
- Egg, Whole, Raw, Fresh
- g MAGGI Lazenby Worcester Sauce
- g Salt, Table
- g Spices, Pepper, Black
- g Oil, Olive, Salad Or Cooking
- g Mushrooms, White, Raw
- g Peppers, sweet, red, frozen, chopped, unprepared
- g Garlic, Raw
- g Butter, salted
- g Gravy, brown instant, dry
- g Water, Tap, Drinking
- g MAGGI Lazenby Worcester Sauce
- g Spices, Pepper, Black
- g Parsley, Fresh
- g Potatoes, mashed, ready-to-eat
- g Cheese, Cheddar
- g Cheese, Parmesan, Grated
- g Coriander (Cilantro) Leaves, Raw
- g Salt, Table

Instruction

1. To make the meatballs place all the ingredients into a large bowl and using your hands combine together until all the ingredients are evenly distributed
2. Shape the meatballs into balls and place into a heated large frying pan with a little oil. Brown all sides of each meatball
3. Add in the mushrooms, red peppers and garlic for the gravy into the pan and continue to cook for 3 minutes.
4. Add in the MAGGI Gravy Powder as well as the water and bring up to a low simmer
5. Add in the MAGGI Lazenby Worcestershire Sauce as well as salt and pepper to taste. Continue to braise the meatballs for 8- 10 minutes. Once done stir through chopped parsley
6. While the meatballs cook; make the Cheesy MAGGI Mash by combining together all the ingredients in a sauce pan until heated through
7. Serve the meatballs with the Cheesy MAGGI Mash and extra gravy drizzled over

Nutrition		51 Minutes
Carbohydrates	26.74 g	
Energy	448.39 kcal	6
Fats	23.12 g	
Protein	29.19 g	