



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

### Ingredients

- 30 g Bread Crumbs, Dry, Grated, Plain
- 500 g Beef, ground, 95% lean meat / 5% fat, raw
- 15 g Garlic, Raw
- 1 Egg, Whole, Raw, Fresh
- 30 g MAGGI Lazenby Worcester Sauce
- 5 g Salt, Table
- 2.33 g Spices, Pepper, Black
- 15 g Oil, Olive, Salad Or Cooking
- 170 g Mushrooms, White, Raw
- 70 g Peppers, sweet, red, frozen, chopped, unprepared
- 10 g Garlic, Raw
- 15 g Butter, salted
- 10 g Gravy, brown instant, dry
- 236 g Water, Tap, Drinking
- 17.5 g MAGGI Lazenby Worcester Sauce
- 2 g Spices, Pepper, Black
- 4 g Parsley, Fresh
- 725 g Potatoes, mashed, ready-to-eat
- 80 g Cheese, Cheddar
- 53 g Cheese, Parmesan, Grated
- 22 g Coriander (Cilantro) Leaves, Raw
- 3 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

Carbohydrates	26.74 g
Energy	448.39 kcal
Fats	23.12 g
Protein	29.19 g

🕒 51 Minutes

⊕ 6