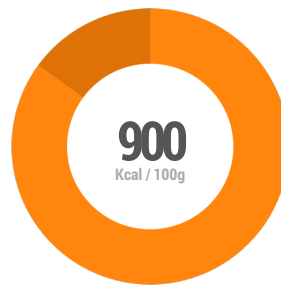


By Colin Salmon from Brakes

Overview ...

A close-up photograph of a white ceramic bowl filled with meatballs in a rich, red tomato sauce. Several fresh green mint leaves are garnished on top of the meatballs. In the foreground, a small portion of yellow couscous with green herbs is visible in a light blue bowl, and a piece of flatbread is partially shown at the bottom right.



100% Fat

Food Labelling...

EU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	3700 kJ	44%
Energy(Kcal)	900 kcal	45%
Fat	100 g	143%
of which saturates	15 g	75%
Carbohydrate	0 g	0%
of which sugars	0 g	0%
Fibre	0 g	0%
Protein	0 g	0%
Salt	0 g	0%

Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins			
Energy(Kcal) 45% RI	900kcal	Saturated Fat 75% RI	15g	Vitamin A (ret eq)	-		
Energy(Kj) 44% RI	3700kJ	Monounsaturated fat	-	Retinol	-		
Macronutrients		cis-Mono	-	Carotene	-		
		Polyunsaturated fat	-	Vitamin D	-		
	Carbohydrate	0g	Omega3(n-3)	Vitamin E	-		
	Protein	0g	Omega6(n-6)	Vitamin K ₁	-		
	Fat 143% RI	100g	cis-Poly	Thiamin (B ₁)	-		
	Water	0g	Trans-fatty acids	Riboflavin (B ₂)	-		
	Water from Drinks	0g	Cholesterol	-	-		
Alcohol	-	Minerals & trace elements		Niacin total (B ₃)	-		
Carbohydrate				Niacin	-		
			Sodium	0mg	Tryptophan	-	
	Starch		0g	Potassium	-	Pantothenic Acid (B ₅)	-
	Oligosaccharide		-	Chloride	0mg	Vitamin B ₆	-
	Fibre		0g	Calcium	-	Folates (B ₉) Total	0ug
	NSP		0g	Phosphorus	-	Vitamin B ₁₂	-
	Sugars	0g	Magnesium	-	Biotin (B ₇)	-	
	Glucose	-	Iron	-	Vitamin C	-	
	Galactose	-	Zinc	-			
	Fructose	-	Copper	-			
	Sucrose	-	Manganese	-	Other		
	Maltose	-	Selenium	-	GI (estimated)	0	
	Lactose	-	Iodine	-	GL	-	
				Caffeine	-		

Recipe Ingredients ...	Quantity:	Description:	Cost:
33889 Veraneo Olive Oil	250g	0.1x Each	GBP1.16
			TOTAL COST: GBP1.16 RRP : GBP1.16
Portions / Pack Sizes ...			

Ingredient List (QUID) ...
33889 Veraneo Olive Oil (100%) [Olive Oil (80%), Virgin Olive Oil (20%)]
Cooking Instructions & Notes

Prep

Peel Onion and finely chopped

Peel Garlic and crush

Pick and chop Parsley & Mint

Lightly beat Eggs

Method

First make the sauce. Heat some of the oil in a pan and soften the onions, garlic and spices for a few minutes

Put half of the mixture in a bowl to cool for the meatballs

Add the tomatoes and sugar to the remaining onions in the pan, season and simmer for about 15 mins until reduced.

Add the herbs, egg, beef mince and the breadcrumbs to the cooled onions, mix well and shape into even size balls

Heat the rest of the oil and fry the meatballs until golden. Add to the sauce and simmer until they're cooked through.

Serve with cous cous or rice and spoon over yoghurt