



Meatballs with Celery Sauce

Unique recipe to accentuate the celery flavor.

Nutrition Facts Per Serving: Calories 996, Protein 66g, Carbs 96g, Fat 36g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 30 min



INGREDIENTS

Beef	Tomato Paste
Onion, Garlic	Broth
Corn Starch	Butter
Celery, Parsley	Spices & Salt
Garlic and Ginger Paste	Rice

METHOD

1. Preheat oven to 200°C.
2. Beef has been mixed with all needed ingredients. Place meat mixture in a suitable bowl, give it a quick knead through by hand. Shape meat into balls about 2cm in diameter. Dampen fingers with a little water if needed.
3. Line a shallow baking tin (or the stove's tray) with baking paper and arrange the meat balls. Bake in the preheated oven for 20 minutes or until lightly brown. Don't over bake. Remove from oven & set aside.

Sauce

1. Dissolve each broth cube in 200 ml boiling water & set aside.
2. Place a large pot over medium heat, add butter & when melted & hot add chopped veggies.
3. Season with a pinch of salt, keep stirring over medium heat until onion starts to golden.
4. Add the garlic ginger paste & cook for 30 secs more, add tomato paste & stir quickly.
5. Add broth, half the spices and about half remaining salt. Return to boil. Reduce heat to low & simmer for 10 minutes or so.
6. Mix corn starch with equal volume of cold water until a smooth suspension forms. Add to simmering sauce while whisking thoroughly. Continue until sauce thickens.
7. *Optional: Remove from heat & blend using electric hand blender. Strain through fine sieve or cheese cloth. Return sauce to pot & bring to boil over medium heat*
8. Add meat balls & half the parsley to thickening sauce, mix gently, reduce heat to lowest & simmer uncovered for about 2 minutes.
9. Adjust salt and spices to taste. Transfer to a serving bowl, garnish with remaining parsley.

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT

