FROM OUR KITCHEN

Meatballs with cauliflower puree



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	30 min	35 min	4

01 Ingredients

- [ ] 500 g lean beef mince
- [ ] 1 cup finely grated celery
- [ ] 3 cloves garlic
- [ ] 3 tbsp fesh thyme leaves
- [ ] 2 tbsp tomato paste
- [ ] 2.3 cup parmesan cheese, freshly grated
- [ ] Serve the puree onto 4 plates and top with the meatballs and sauce. Garnish with thyme and extra virgin olive oil.
- [ ] 1.2 cup bread crumbs (can sub with cooked quinoa if gluten free)
- [ ] 1 egg
- [ ] 2 cans chopped tomatoes
- [ ] 1.2 auliflower separated into florets
- [ ] 1 tbsp extra virgin olive oil

02 Step-by-step method

01 Bring a medium pot of water to the boil.

02 In a large bowl mix together the mince, 1/2 the carrot and celery, 1 crushed clove of garlic, 1 tbsp tomato paste, 1 tbsp thyme leaves, 1/3 cup parmesan, bread crumbs, egg and a generous pinch of salt and pepper. Set aside.

03 Place the cauliflower florets in a steaming basket over the pot of boiling water and cover with a lid. Steam for 15-20 minutes or until tender.

04 In a large fry pan add the oil and once hot add the remaining carrot, celery, thyme and garlic. Cook until softened and then add the tomato paste. Cook for a further minute. Add the chopped tomatoes and bring to a simmer. Cook for 5 minutes. Check the seasoning and add salt and pepper as needed.

05 While the sauce is simmering shape the meatball mixture into small walnut sized balls. Once the sauce has been simmering for 5 minutes drop the meatballs into the sauce, you want at least a finger width between to make it easy to turn them. Place a lid on the pan and cook for 7 minutes. Turn the meatballs and cook for a further 7 minutes.

06 When the meatballs are ready puree the steamed cauliflower in a food processor with the parmesan. Taste and season well.

07 Serve the puree onto 4 plates and top with the meatballs and sauce. Garnish with thyme and extra virgin olive oil.