

# Porcupine Meatballs

## Ingredients – Serves 8

- 400g beef mince
- ¼ cup white rice
- 2 Tb finely chopped parsley
- 2 Tb finely chopped basil
- 1 brown onion, diced
- 1 egg, lightly whisked
- Olive oil, enough to coat the pan
- 800g can tomatoes
- ½ cup water



## Method

1. Combine beef mince, rice, parsley, basil, brown onion and egg in a large bowl.
2. Roll mixture into even balls – approximately golf ball size.
3. At medium-high heat, heat a small amount of olive oil in a frying pan, add meat balls and cook until browned.
4. Reduce heat, add tomatoes and water to pan and cook covered until meat balls are completely cooked through and rice is tender. Allow the sauce time to thicken slightly.
5. Remove from heat and serve alongside mashed potatoes and steamed vegetables.