

How to make meatballs



**ASSIGN
BUSTER**

Ingredients | Imperial | Metric | || Lean minced beef | 1 lb | 450 g || Cracked wheat (Bulgar wheat) | 4 oz | 110 g || Mango chutney | 4 tablespoons | 4 tablespoons || Garlic clove | 1 | 1 || Egg | 1medium | 1 medium || Parsley | 1 handful | 1 handful || Vegetable oil | about 1 pint | about ? litre || Sauce |? |? || Chopped tomatoes | 14 oz | 400 g || Onion | 1 medium | 1 medium || Garlic clove | 1 | 1 || Green beans | 4 oz | 125 g || Red pepper | 1 | 1 || Olive oil | 1 tablespoon | 1 tablespoon ||? |? |? || Salt and pepper | To taste | To taste |

COOKING EQUIPMENT1 medium frying pan2 medium pansPREPARATION|[pic]

| Soak cracked wheat in cold water (at start of recipe) || | Finely chop both garlic cloves || | Peel and cop the onion || | Finely chop the parsley || | Chop the beans (see picture below) || | Remove pith and seeds from red pepper and slice (see picture below) | Method| First, place the cracked wheat in a bowl of cold water to soak. |[pic] || Add the olive oil then start frying the chopped onions in the frying pan on a | || low heat. Dont brown them, cook for about 15 minutes. At the same time, put | || the sliced green beans in a pan of just boiling water. | |? |[pic] | Put the minced beef, 1 chopped garlic clove and salt and pepper in a bowl. Mix || | well with your hands.

|| | Put the mango chutney and chopped parsley (save a couple of sprigs for use as || | garnish later) in another bowl and mix well. |? | Make ping pong sized balls from the minced beef mixture (about 15 balls). |[pic] || For each meatball, flatten it gently in to about the size of a beef burger. Place | || a small teaspoon of the mango chutney mixture in the middle of the meat and draw | || up the sides of the meat to re-form a ping pong sized ball. | |? |[pic] | The onions and beans should be cooked now (about 15 minutes). Drain the

beans || | of water, add the cooked onions, tomatoes, sliced red pepper, garlic and salt || | and pepper to taste.

|| | Cook the sauce mixture on a low heat whilst completing the rest of the recipe. |? | Drain the cracked wheat using a seive and force out some more of the water from the wheat by pressing with a spoon. |? || Break the egg into a ball and lightly mix it up? with a fork. If you are cooking rice, start it off now. | |? |[pic] | Pour the vegetable oil into the frying pan and turn the heat up to high.

|| | Dip each of the meatballs in the egg and then roll it in the cracked wheat to get|| | a thick coating. || | Put the coated meatballs in the hot vegetable oil and cook for six minutes || | turning each minute. || Place the cooked meatballs on warm plates and pour the sauce next to them on the|[pic] || plate. | || Add the rice (if wanted) and garnish the meatballs with a few of sprigs of | || parsley. About three to four meatballs for each adult.? | |?