

SWEET & SOUR MEATBALLS

MANSFIELD RESPOND



INGREDIENTS

- 500G minced beef
- 1/2 cup dried breadcrumbs
- 1 onion, chopped
- 1 tablespoon chopped parsley
- 2 teaspoons stock powder
- 1 egg, beaten
- 1-2 tablespoons oil
- 1 cup chopped celery
- 1 carrot, cut in straws
- 1 cup sliced green beans or peas
- 1 cup pineapple pieces

SAUCE:

- 3 tablespoons vinegar
- 3 tablespoons brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon salt
- 2 teaspoons cornflour (I used a bit more)
- 8 tablespoons pineapple juice

DIRECTIONS

1. Mix meat, crumbs, onion, parsley and stock powder together, add egg and mix well. Form into balls the size of a walnut. Brown well in hot oil, add vegetables and pineapple and saute for a few minutes.
2. Make sauce: put vinegar, sugar, soy sauce, pineapple juice and salt in a pan, blend cornflour with a little cold water and mix in, then bring to the boil and stir until sauce thickens.
3. Put meatballs in a casseroles, pour sauce over and cook in a preheated moderate oven (180 C) for 50-60 minutes, stirring occasionally. Serve with boiled rice.

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