



Day 8

Serves: 4-6

**Preparation time:
30 min**

**Cooking time:
25-30 min**

Ingredients:

- 750g minced beef
- 1 egg, beaten
- ½ cup (125ml) oats
- 1 packet **IMANA Brown Onion Gravy**
- 1 tablespoon (15ml) oil

For the sauce:

- 2 teaspoons (10ml) oil

- 1 packet **IMANA Tomato Soup**
- 1 teaspoon (5ml) **TOP CLASS Hot Curry Powder**
- ½ green pepper, chopped
- ½ onion, chopped
- 2 teaspoons (10ml) syrup
- 1 teaspoon (5ml) vinegar
- 2 cups (500ml) cold water

Method:

1. Combine the mince, egg, oats and dry contents of the **IMANA Brown Onion Gravy**. Mix well.
2. Roll into medium sized meatballs.
3. Fry in heated oil until brown on all sides.
4. For the sauce: Heat the oil and fry **TOP CLASS Hot Curry Powder**, green pepper and onion until onion is soft. Add the syrup, vinegar, **IMANA Tomato Soup** and water. Cover and simmer for 10-15 minutes. Add meatballs and simmer for a further 10 minutes.
5. Serve with rice or phutu.

TIP:

Meatballs are a good way to disguise vegetables for children so try it out by grating baby marrows and carrots into the mince beef patty.



This Recipe Uses