



WOODLAND'S MUMBAI MEATBALLS

Meat main dish: This recipe provides a portion of meat and counts towards the standards to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day. Note: meat or poultry products are restricted and can be provided no more than once each week in primary and twice each week in secondary schools (across the whole school day).

Recipe adapted from: Eden Foodservice (dish created, developed and evaluated by pupils)

Ingredients

Meatballs:

200g onions, peeled, finely diced
 100g peppers, deseeded, finely diced
 100g carrots, peeled, grated
 550g lean beef mince
 100g (2) eggs, beaten
 3g (1tsp) ground cumin
 5g (1¼tsp) mild chilli powder
 3g (1 tsp) ground coriander
 5g (1¼tsp) turmeric
 3g (1tsp) black pepper

For tomato base sauce:

10ml (1/2 tbsp) vegetable oil
 75g onions, peeled and diced
 8g (2 cloves) garlic, peeled and chopped
 30g red peppers, deseeded and finely chopped
 50g courgettes, finely chopped
 50g carrots, peeled and finely chopped
 50g swede, peeled and finely chopped
 1g dried mixed herbs
 300g canned tomatoes
 100ml water
 5g curry powder
 30g tomato purée

Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. To prepare the meatballs, mix half the onions with peppers, carrot, beef mince, egg, cumin, chilli, coriander, half the turmeric and black pepper. Divide equally into 10 then divide each again into 3 giving you 30 meatballs. Roll into balls and place on a lightly greased baking tin.
3. Bake the meatballs in the oven for approximately 30-40 minutes.
4. Prepare tomato base sauce by heating the oil and adding the vegetables and garlic. Cook until soft and slightly browned then add the mixed herbs, chopped tomatoes, water, curry powder and tomato puree. Simmer gently for approx. 30 minutes. Once cooled slightly blitz with a hand blender until the mix becomes a smooth paste.
5. Take the meatballs out of the oven and place in a clean tin, add the spicy tomato sauce and cook for a further 15 minutes.

Serving suggestion: with a mix of whole wheat and white spaghetti.



Number of portions this recipe makes:

10 primary servings (165g)
 7 secondary servings (240g)



Prep: 25 minutes
Cook: 40 minutes



Allergy information:

Eggs, mustard



Top Tips

For a vegetarian alternative try using soya mince in place of beef.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.