



Rice and mince balls with almonds, dates and mango curry chutney

Ingredients:

200 g parboiled rice
500 g beef mince
2 eggs
20 g roasted almonds
180 g dates
Rind of half a lemon
1 tsp medium-hot mustard
2 tbsp breadcrumbs
3 tbsp extra virgin olive oil
2 onions
2 tomatoes
0.2 l vegetable stock
200 g mango
Pinch of curry
Salt and pepper

Accessories:

Pasta cooker
Ceran hob
Griddle

Preparation:

Dry roast the almonds in a pan.
Cook the rice according to pack instructions.
Finely dice the dates.
Mix together the rice, mince, eggs, almonds, diced dates, lemon rind and mustard.
Shape mince into balls of approx. 5 cm and turn in the breadcrumbs.
Heat 2 tbsp of olive oil and fry the mince balls. Remove and set aside.
Finely dice the onions, sweat 3/4 of them in the pan and deglaze with the stock.
Place the meatballs in the stock and leave to simmer for approx. 15 mins, turning often.
De-seed the tomatoes, dice the flesh and add to the meatballs.
Dice the mango. Sweat the remaining onions and diced mango in 1 tbsp olive oil and sprinkle over the curry. Add 4 tbsp of water, mix well and simmer for approx. 10 mins. Season with salt and pepper.
Serve the rice and mince balls in the onion and tomato sauce, together with the mango curry chutney.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: approx. 750

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2003 g CO₂ per portion

27 % MORE CO₂ than the average when preparing this recipe.

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