



## Beef meatballs in hot and spicy sauce



Categoria  
Carne



Tempo de preparação  
Médio



Dificuldade  
Chef



Custo  
Select



Com quem?  
Select



Nº de pessoas  
4 pessoas

### Ingredientes



1dl Gallo Olive Oil Olive Oil

- 500g Beef mince
- 2dl Meat stock
- 100g Chopped onion
- 20g Spices (cinnamon stick, anise, ground pepper, mustard seeds and red chilli peppers)
- 50g Flour
- Salt to taste
- 100g (ready made) mashed potatoes

### Modo de preparação

1

Season the meat with salt and shape it into balls.

2

Coat with flour and fry lightly in Gallo Classic Olive Oil.

3

Add the chopped onion and meat stock.

4

Add the spices and braise slowly.

5

Serve with mashed potatoes.

### Produtos utilizados



Olive Oil  
Olive Oil



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