



Mini meatballs with mashed potatoes and broccoli



Categoria
Carne



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



50ml of Victor Guedes
Extra Virgin

- 600g of minced beef
- 50g of chopped onions
- 5g of chopped garlic
- 150g of peeled tomatoes
- 1,7kg of potatoes
- 400g of broccoli
- Salt and pepper, to taste
- Parsley, to taste

1

Start by seasoning the meat with salt and pepper.

2

Then, shape small meat balls and place them on a tray.

3

Heat a large pan with half of the olive oil and add the small meatballs to seal.

4

After sealed, add the garlic and the olive and let braise for 2 to 3 minutes.

5

Pour the white wine and let the alcohol evaporate.

6

Add the chopped tomatoes and rectify the seasonings. Put the lid on and let cook for 10 minutes in low heat, occasionally stirring.

7

Peel the potatoes and boil them in water and salt.

8

After boiled, drain and mash them. Season with salt, pepper and the rest of the olive oil.

9

Cut the broccoli in small "trees" and steam them.

10

Serve with chopped parsley on top of the meatballs.



Dicas do Chef

This is a fun recipe to try with children - try to get them involved by assigning tasks and have fun!

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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