



Beef meatballs in hot and spicy sauce



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Chef



Custo
High



Com quem?
With friends



Nº de pessoas
4 pessoas

Ingredientes



1dl of Victor Guedes Olive Oil

- 500g of beef mince
- 2dl of meat stock
- 100g of chopped onions
- 20g of spices (cinnamon stick, anise, ground pepper, mustard seeds and red chilli peppers)
- 50g of flour
- Salt, to taste
- 100g of (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 Victor Guedes 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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