

RECIPE OF THE WEEK

PORCUPINE MEATBALLS



Ingredients

- 500g mince
- Finely diced onion
- Herbs (rosemary, thyme) Any is fine
- Garlic
- 1 cup of white rice
- 400g tin condensed tomato soup
- ½ cup of water

Method

1. Combine mince, onion, herbs, garlic and white rice.
2. Roll into meatball size portions into a microwave proof dish
3. Combine tomato soup and water and pour over meatballs and cover.

Options of cooking:

- Cook in microwave in 10 minute increments – sauce should thicken, if not cooked and appears dry add a little more water
- Cook in oven: 40 – 50 minutes 180 degrees– sauce should thicken, move meatballs around to ensure they are not drying out.

