



PORCUPINE MEATBALLS (SERVES 4)

INGREDIENTS

500g beef mince

400g can diced tomatoes

1 onion (finely chopped)

1 carrot (grated)

2 teaspoons mixed herbs

1/2 cup rice (rinsed)

1 3/4 cups water (not provided)

4 medium potatoes (peeled and chopped)

1 tablespoon margarine or butter (not provided)

1/3 cup milk (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Large saucepan

Wooden spoon

Ladle

Chopping board

Knife

Potato masher

Large bowl

Tablespoon

Teaspoon

Measuring cup set or jug

Peeler



Scan for Meal Pack tutorial videos
[FOODBANK.ORG.AU/MEALPACKS](https://www.foodbank.org.au/mealpacks)

SUPPORTED BY:
 **Australian Gas Networks**
Part of Australian Gas Infrastructure Group

PORCUPINE MEATBALLS



METHOD

1. Place tomatoes and 1 $\frac{3}{4}$ cups of cold water in a large saucepan on medium heat. Bring to the boil.
2. In a large bowl combine beef mince, chopped onion, grated carrot, rice, and mixed herbs (plus any additional vegetables). Shape in to bite-sized meatballs.
3. Add meatballs gently to the boiling tomato and water mix. Reduce the heat and allow to simmer for 40 minutes or until the rice is tender and the meatballs are cooked through.
4. Cook potatoes in a medium saucepan of boiling water. Boil until tender and then mash with milk and butter or margarine (as per instruction card).
5. Once cooked serve meatballs and sauce on top of mashed potato.



Scan for Meal Pack tutorial videos
[FOODBANK.ORG.AU/MEALPACKS](https://www.foodbank.org.au/mealpacks)

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au