



Beef Meatballs

on Polenta

Meatballs made easy using beef rissoles! Simmered in a rosemary, tomato and vegetable sauce, served over creamy polenta for a hearty and comforting family dinner.



30 minutes



4 servings



Beef

FROM YOUR BOX

BEEF RISsoles	600g
ONION	1
CARROTS	2
CELERY STALK	1
GARLIC CLOVE	1
ROSEMARY	1 stalk
TOMATO PASSATA	1 jar
INSTANT POLENTA	250g

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter (optional)

NOTES

Instead of halving the rissoles before shaping, you can keep them whole to form larger meatballs and cook them longer until fully cooked.

1. COOK THE MEATBALLS

Heat a large frypan (with lid) over medium-high heat with **oil**. Halve **rissoles** and reshape into meatballs (see notes). Add to pan and cook until browned. Remove to a plate and keep pan on heat.

2. SIMMER THE SAUCE

Dice **onion**, **carrots**, and **celery**, and add to the pan. Add more **oil** if needed. Add crushed **garlic clove** and chopped **rosemary** leaves. Cook for 3 minutes until softened. Return meatballs and pour in **tomato passata** along with **1 cup water**. Cover and simmer for 10–12 minutes until meatballs are cooked through.

TIP *You can add mushrooms, sliced capsicum or zucchini if you would like more vegetables. For more depth of flavour, add some dried oregano or fennel seeds.*

3. COOK THE POLENTA

Bring **1.3L of water** to a boil in a saucepan. Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and stir through **2 tbsp butter**. Season to taste **salt and pepper**.

TIP *For extra flavour in your polenta, add a stock cube or paste to the simmering water. Stir through some grated parmesan cheese or grana padano at the end.*

4. FINISH AND SERVE

Divide polenta among shallow bowls. Top with beef meatballs and sauce.

TIP *Garnish the dish with parmesan cheese or fresh basil leaves.*

This recipe has simplified instructions to help lower your meal cost.