



Mediterranean Meatballs and White Rice

Substitute Tomato Rice with
1 x 250g packet SunRice
Long Grain White Rice
in 90 Seconds

400g lean beef or veal mince

200g ricotta

1 egg

1 tsp dried oregano

sea salt and pepper to taste

800ml tomato puree

200ml water or stock

2 tsp brown sugar

2 tsp smoked paprika

1/4 cup freshly chopped parsley

Parmesan cheese to serve

Serves 2

Cooked in 10 minutes

Mix together mince, ricotta, eggs, oregano, salt and pepper

Roll into bite size meatballs

Heat tomato puree, sugar, smoked paprika, stock and parsley until it comes to the boil

Drop in the meatballs, cover and simmer for 5 minutes until cooked

Microwave rice for 90 seconds as per packet instructions

Divide rice between serving dishes and top with the meatballs and sauce

Garnish with fresh parsley and parmesan



www.10minutemeals.com.au

Long Grain White Rice

SunRice Long Grain White Rice in 90 seconds is the most popular all purpose rice and the perfect partner to any meal.

