Beef meatballs in hot and spicy sauce

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Carne	Médio	Chef	Select	Select	4 pessoas

Ingredientes

- 1dl Gallo Olive Oil Olive Oil
- 500g Beef mince
- 2dl Meat stock
- 100g Chopped onion
- 20g Spices (cinnamon stick, anise, ground pepper, mustard seeds and red chilli peppers)
- 50g Flour
- Salt to taste
- 100g (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 Gallo Classic 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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