

COMPLETE MEAL

Italian Meatballs

Meatballs cooked in tomato ragu with savoury rice

Ingredients

480g	40 x 12g Great British Chicken Meatballs (GG code 7220)
1 litre	tomato ragu sauce, ready to use
100g	frozen peas
100g	frozen sweetcorn
100g	frozen diced mixed peppers
500g	easy cook long grain rice

Method

1. Place the frozen **Great British Chicken Meatballs** in a baking tin with the tomato ragu sauce. Add the frozen peas, sweetcorn and diced peppers. Cover with a lid or foil
2. Bake for 25-30 minutes at Gas 6/200°C/400°F (less for convection ovens)
3. Cook rice in boiling water according to manufacturer's instructions. Drain
4. Serve the **Great British Chicken Meatballs** with rice

Serving instructions

Place a portion of rice in a pot, top with the meatballs and vegetable mix in tomato ragu sauce and serve as a grab and go item.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
155.8	5.1	0.8	24.0	4.9	0.8
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
4.2	0.5	0.7	20.3	43.2	6.2
Folate (µg)	Sodium (mg)	makes 10 x 284g portions			
11.9	41.8				

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Fromehall Mill, Lodgemore Lane, Stroud, Gloucestershire, GL5 3EH

t: 01453 766677 f: 01453 758405 e: info@greengourmet.co.uk