

GRAB and GO

Meatballs and Rice Pot

Meatballs cooked in sweet and sour sauce plus pineapple and peppers served on a pot of rice

Ingredients

480g	40 x 12g Great British Chicken Meatballs (GG code 7220)
1000g	sweet and sour sauce, ready to use
75g	pineapple pieces, drained and chopped
160g (1 medium)	red pepper, diced
160g (1 medium)	yellow pepper, diced
500g	easy cook long grain rice (dry weight)

Method

1. Place the frozen **Great British Chicken Meatballs** in a baking tin with sweet and sour sauce. Add pineapple pieces and diced pepper. 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. Portion rice into serving pots and spoon over the meatballs and sauce.

Serving instructions

Could be served as a main meal with rice and stir fried strips of carrots, green beans and bean sprouts.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
118.4	2.6	0.6	21.5	1.9	0.5
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
3.7	0.5	0.6	16.9	37.7	15.3
Folate (µg)	Sodium (mg)	makes 10 x 288g portions			
9.4	111				

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