Porcupine Meatballs

Prep: 15 mins / Cook: 10 mins / Serves: 4

THE CHEFS TOOLS
- 7L Pressure Cooker
- Fusion Knife
- Acacia Chopping Board
- Silicone Measuring Spoons
- Silicone Measuring Cups
- Silicone Mixing Bowls
- Silicone Spoon
- Digital Timer/Thermometer

INGREDIENTS
- 1 egg, lightly beaten
- 1/2 cup long grain rice
- 1 Tbs of finely chopped onion
- 1/2 cup finely chopped fresh parsley
- 1/2 tsp salt
- 1/4 tsp pepper
- 500g beef mince
- 1 x 600-700g jar of Passata Sauce
- 1 cup water
- 1 tsp Worcestershire Sauce
- 1 Tbs Tuscan or Italian herb mix
- 2 cloves garlic, diced
- 1 Tbs olive oil

THE FUN
1. Saute the oil, onion and garlic until soft in the Pressure Cooker.
2. Combine the passata, water, Worcestershire sauce and the herbs in the Pressure Cooker and heat until bubbling.
3. In a bowl, combine the egg, rice, parsley, salt and pepper. Crumble the mince over mixture and mix well. Shape into 3cm balls.
4. Place meatballs into sauce and ensure they are covered.
5. Close and lock Pressure Cooker and bring to pressure on high heat using setting 2 (Pressure is reached when the red Pressure Indicator has risen).
6. Once at pressure, turn down the heat and cook for 10 minutes.
7. Remove from heat. Quick-release pressure by placing under a running tap with cool water for a few seconds.

CHEFS TIP
- Serve with pasta, or mash potatoes, crusty bread and salad.

The Chefs Toolbox

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