



Honey Beef Meatballs
RECIPE

Honey Beef Meatballs



Cooking time
10 mins
Preparation time

45 mins

Serves

6

Tossed in our Royco Beef Marinade and Honey Glaze these beef meatballs are exploding with flavour. Serve as a snack or part of a tapas dinner.

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Ingredients

- 1 x Royco Beef Marinade
- 1 x egg
- 2 Tbsp honey
- 1 slice of white bread
- ½ cup milk
- 60ml oil
- 1 onion, finely chopped
- 1 tsp coriander powder
- ½ tsp turmeric powder
- 10g coriander, leaves chopped
- 500g beef mince

Products used



Beef Dry Marinade

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Method

1. Place half the Royco Beef Marinade into a bowl and whisk together with 1 egg.
2. Place the other half of the Royco Beef Marinade into a pot with 80ml water and honey. Allow to simmer gently until thickened.
3. Soak the bread in the milk for 5 minutes. Once soaked, remove from the milk and squeeze out any excess milk. Mash up the bread with a fork.
4. Place a pan over a medium heat on the stove. Add 20ml oil and the onion, fry for 5 minutes.
5. Add the coriander and turmeric powder, fry for a further 2 minutes then remove from the heat.

6. 6.
Add the onion mix, Royco Beef Marinade and egg mix, the mashed bread and chopped coriander to the beef mince.
7. 7.
Mix well, seasoning with salt and pepper. Roll the mince mix into even size balls, approximately golf ball size, and refrigerate for 30 minutes.
8. 8.
Place a large pan on the stove top over a medium heat. Add the remaining oil.
9. 9.
Once hot, add the mince balls, gently frying until golden all over and almost cooked through.
10. 10.
Add the marinade and honey mix to the pan with the frikkadels, lower the heat and toss them well through the marinade until cooked through.
11. 11.
Serve warm as a snack.

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Bolognaise Ragu

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Cooking time

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Preparation time

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