

## Meat Stuffed Rice Balls

### Ingredients:

#### For the rice:

- 3 cups water
- 1 cup Spekko Long Grain Parboiled Rice
- 2 tbsp butter
- 1 tsp salt
- ¼ tsp pepper
- 1 cup mozzarella cheese, grated
- 2 eggs

#### For the stuffing and coating

- 2 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 tbsp fresh parsley, chopped
- ½ tbsp Italian seasoning
- 500g beef mince
- 1 tsp salt
- 50g tomato paste
- ¼ cup mozzarella cheese

#### For the coating:

- 1 egg
- 1 cup breadcrumbs
- Oil for frying
- Basil leaves

#### For the tomato sauce:

- 1 large onion, chopped
- 2 tbsp olive oil
- 1 green chilli sliced
- 1 garlic clove chopped
- 1 can chopped tomatoes
- 2 tbsp tomato sauce
- 2 tsp sugar (optional)
- Salt to taste

### Method:

#### For the rice:

1. In a large pot combine water, rice, butter, salt, and pepper.
2. Bring to a boil, turn the heat down to low, cover and simmer for about 30 minutes, or until rice is sticky. Transfer the rice into a bowl and cool.
3. Mix in 1 cup mozzarella cheese and 2 eggs, set aside.

#### For the stuffing:

1. In a pan over medium-high heat combine oil, onion, garlic, parsley, and Italian seasoning, cook for 5 minutes. Add beef mince and salt, cook for 5 more minutes, breaking the beef into chunks.

2. Add tomato paste and cook for 5 more minutes, stirring often.
3. Remove from heat and stir in mozzarella cheese.

For the tomato sauce:

1. Heat the oil in a saucepan on medium heat. Cook the onions with the green chilli and garlic until soft and translucent. Add the tinned tomatoes, the tomato sauce, sugar and salt.
2. Cook for approx. 15-20 minutes or until the sauce thickens, stirring from time to time.

Assembly:

1. To make rice ball, scoop about a small handful of rice and roll it into a ball, flatten it out and make small indentation in the middle.
2. Scoop a generous tablespoon of meat stuffing into the centre of rice patty and working with your hands fold the rice over the meat, forming it into a ball.
3. Dip in egg wash and coat the rice ball in bread crumbs.
4. Heat oil and cook rice balls in batches for about 2 minutes or until golden brown. Remove from oil and rest on paper towel to drain off any excess oil.
5. Serve on a bed of cooked tomato sauce topped with torn basil leaves. ENJOY!