

# PROTEIN-PACKED 'MEATBALLS' & MASH PIE

Serves 4

Hands-on time: 30 minutes

Hands-off time: 35 minutes

## INGREDIENTS

- 4-5 large potatoes, cubed and boiled
- 3 tbsp butter
- ½ tsp each salt and pepper, to season
- 2 tins (400g each) Lucky Star Pilchards in Hot Chilli Sauce
- 3 slices white bread
- ¼ cup milk
- 1½ cups grated cheddar cheese
- 1 egg
- Oil, for frying
- ½ tin (200g) Lucky Star Chakalaka Hot and Spicy

## Serving suggestion:

- Fresh parsley
- Garden salad

## METHOD

1. Preheat the oven to 180°C and line a round springform cake tin (23cm) with baking paper.
2. Drain and mash the softened potatoes along with the butter and ¼ teaspoon each salt and pepper until smooth and lump-free.
3. Press the mashed potatoes into the cake tin in an even layer to form a 'crust' and set the tin aside.
4. Remove the Lucky Star Pilchards in Hot Chilli Sauce from the tins and remove the bones using a fork. *\*Chef's Tip: Removing the bones is an optional step as they are safe to eat!*
5. Place the bread in a shallow bowl and pour over the milk. Allow the bread to absorb the milk, about 5 minutes.
6. Place the pilchards into a bowl and break it up lightly with a fork. Add in ½ a cup of the grated cheese and the remaining ¼ teaspoon salt and pepper to taste and stir to combine.
7. Once the bread has softened, squeeze out the excess milk, Add the bread and egg into the pilchard mixture and, using a spoon, stir the mixture until everything comes together.
8. Shape the mixture into golf-sized balls, it should make about 25 balls and chill in the fridge for 10 minutes to firm up. *\*Chef's Tip: Wet your hands slightly to help handle and roll the balls with ease.*

