

# SAVOURY 'MINCE' & MASH BALLS

Makes 20

## INGREDIENTS

### For the soya mince filling:

- ½ pack (200g) Knorrox Soya Mince Savoury Mince Flavour
- ½ onion, roughly chopped
- 1 clove garlic, crushed
- 2 tbsp fruit chutney
- ½ packet (150g) mixed frozen vegetables (corn, carrots and peas)
- ¼ tsp each salt and pepper, to season

### For the microwave mash:

- 8-9 medium potatoes, peeled and cut into 2cm cubes
- 1 tbsp butter
- ¼ tsp each salt and pepper, to season (optional)

### For the coating:

- 1 cup corn flour
- 2 eggs, beaten
- 2 cups crushed cornflakes

### Serving suggestion:

- Finely chopped chives
- Chutney sauce

## METHOD

1. Preheat the oven to 180°C and line a baking tray with baking paper.

### For the soya mince filling:

2. Pour the Knorrox Soya Mince Savoury Mince Flavour into a bowl with 2 cups of cold water and allow to soak for 10 minutes.
3. In an oiled saucepan over medium-high heat, sauté the onions for about 3 minutes or until translucent. Add the garlic and sauté for 30 more seconds.
4. Add the chutney, soya mince and water and stir to mix. Once the mixture reaches a boil, reduce the heat and allow to simmer for 10 minutes or until the sauce has reduced and thickened.
5. Add the frozen vegetables to the reduced soya mince mixture and allow to simmer for a further 5 minutes. Season to taste with salt and pepper and remove from heat. *\*Chef's Tip: Allow the soya mince to cool completely for easier handling.*

