Neapolitan meatballs with brown rice and garden peas

Ingredients

1.5kg Ardo brown rice

1kg Ardo garden peas

500g Ardo Brunoise mix

250g Ardo Herb mix alla Napoletana

100g Ardo onion cubes

20g Ardo garlic cubes

1.2kg veal meatballs

0.5l chicken stock

Olive oil

Butter

Bay leaf

1 passata

Pepper and salt

Allergens

Lactose

Preparation

Napolitan meatballs are a classic dish that can be found on the menu of many Italian restaurants. They are a staple of Neapolitan cuisine and are often served with pasta, but in this recipe, we will be serving them with Ardo QF brown rice and garden peas for a more nutritious and balanced meal. This recipe is perfect for school and hospital catering and as it is easy to make in bulk and is sure to please a crowd.

1. Sauté the meatballs in a dash of olive oil.
2. Add the garlic, brunoise mix, and herb mix alla Napoletana. Let simmer for a few minutes.
3. Moisten with the broth and passata. Continue simmering until the meatballs are cooked.
4. Steam the peas to the desired doneness.
5. Sauté the diced onion in some butter, add the peas along with some bay leaf and a dash of broth. Season to taste with salt and pepper.
6. Warm the brown rice in the steamer, season with salt and pepper if necessary.
7. Serve the meatballs, brown rice and garden peas together.

The meatballs in this recipe are made with veal, which is a leaner option than beef or pork. They are simmered in a flavorful sauce made with Ardo's Herb mix alla Napoletana and chicken stock, giving them a delicious Neapolitan flavor. The brown rice and garden peas provide a healthy balance to the dish and add some extra nutrients. The addition of Ardo's Brunoise mix and onion cubes adds some extra flavor and texture to the dish.

This recipe is also a great option for a take-away service, as it is easy to make in large quantities and is sure to be a hit with your customers. The combination of meatballs, brown rice, and garden peas makes for a delicious and nutritious meal that can be enjoyed by all.