KIKKOMAN

# Meatball casserole with mash

Total time **60 mins** **15 mins** preparation time **45 mins** cooking time

## INGREDIENTS

**10 portion(s)**

**For the meatballs:**

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|---|---|
| **1 kg** | minced meat, mixed |
| | Oil, for frying |
| **100 g** | onion, diced |
| **150 g** | eggs |
| **100 g** | breadcrumbs, gluten-free |
| | Salt |

**For the sauce:**

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|---|---|
| **1 litre** | double cream |
| **150 ml** | Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce |
| **5 g** | cornflour |
| **300 g** | peas, frozen |
| **200 g** | carrots, thinly sliced |

**For the potato purée:**

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|---|---|
| **1 kg** | potatoes, floury, peeled |
| **300 ml** | milk |
| **100 g** | butter |
| | Salt |
| | Nutmeg |

## PREPARATION

### Step 1

Meatballs: sauté the onion in a little oil over a low heat for 2–3 minutes. Mix the onion with the minced meat, eggs and breadcrumbs, then season with salt. Form balls of approx. 25 g with damp hands and fry on all sides in a little oil over a medium heat for 2–3 minutes. Remove the meatballs from the pan and deglaze the cooking juices with the Kikkoman Gluten free Soy Sauce. Add the double cream and bring to the boil. Thicken with cornflour. Add the meatballs and simmer gently in the sauce for approx. 10 minutes.

### Step 2

Pre-cook the peas and carrots in salted water. When serving, add the vegetables to the sauce portion by portion and bring to the boil.

### Step 3

Potato purée: cut the potatoes into small pieces and boil in plenty of salted water for approx. 30 minutes until very soft. Drain and press through a potato ricer. Bring the milk and butter to the boil, season with salt and nutmeg and pour over the potatoes. Stir until smooth and reheat with a little milk as needed.

### Step 4

Reheat the meatballs with the sauce and vegetables in portions and serve with the mashed potatoes.