

Salisbury

meatballs

Method

1. Grated onion – Place the breadcrumbs in a large bowl. Using a standard box grater, grate the onion over the panko so it soaks in. Mix through.
2. Meatball mixture – Add Maleny Black Angus Beef Mince and remaining meatball ingredients and mix well with your hands until thoroughly combined.
3. Roll balls – Roll 20 to 22 balls (1 1/2 tablespoons of mixture). You can use an ice cream scoop with lever to make this super easy!
4. Gravy – Mix gravy thickener ingredients in a bowl until smooth. We will use this to thicken the gravy (no lumpy gravy, yay!)
5. Brown meatballs – Heat the oil in a large skillet over high heat. Cook meatballs, using tablespoons to roll (to minimise deforming) until browned on the outside but still raw inside. Remove onto a plate and set aside.
6. Sauté mushrooms – Melt butter in the same skillet still on high. Cook mushrooms until they start to soften (approximately 2 minutes). Add salt, pepper and the garlic, then cook for a further 2 minutes until the garlic is golden and mushrooms are soft.
7. Make gravy – Add Maleny Black Angus Beef Bone Broth, salt, pepper and thickener ingredients, then stir to combine.
8. Simmer meatballs – Once the liquid starts to simmer, add meatballs and any juices pooled on the plate. Adjust heat to medium so it's simmering gently and cook for 5 minutes until gravy is thickened and meatballs are cooked through.
9. Serve over mash sprinkled with parsley and parmesan cheese if desired.

Recipe Notes:

- Leftovers can be stored for 3 to 4 days in an airtight container in the fridge



Ingredients

- 3/4 cup panko breadcrumbs
- 1/2 onion, peeled (brown/yellow)
- 500g Maleny Black Angus Beef Mince
- 1 garlic clove, minced
- 1 egg
- 1 tbsp tomato sauce
- 1 beef bouillon cube, crumbled
- 1/2 tsp Worcestershire sauce
- 3 tsp dijon mustard OR 2 tsp dry mustard powder
- 1 tbsp olive oil

SAUTÉED MUSHROOMS:

- 2 tbsp / 30g unsalted butter
- 250 g mushrooms, sliced
- 1/4 tsp each cooking/kosher salt & pepper
- 2 garlic cloves, minced

GRAVY:

- 2 cups Maleny Black Angus Beef Bone Broth
- 1/4 tsp each cooking/kosher salt & pepper

GRAVY THICKENER:

- 3 tbsp plain flour
- 2 tbsp water
- 2 tsp dijon mustard
- 2 tsp Worcestershire sauce

Serves: 4 people

Prep Time: 20 minutes

Cooking Time: 20 minutes

