KIKKOMAN

Meatball casserole with mash

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

INGREDIENTS

10 portion(s)

For the meatballs:

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

For the sauce:

1 l	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:

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.