

PORCUPINES

Another quick and simple, low cost Mince dish.

Preparation time: 5 minutes

Cooking time: 1 hour

Enough for 6-8 people

- 1.5 kg Mince
- 1 1/4 cups uncooked long grain rice (white or brown)
- 3 eggs
- Seasoned flour optional
- 2 diced Onions
- 1 large tin Tomato Soup
- 1 tin chopped Tomatoes
- 1 teaspoon Mustard Powder
- Pinch Salt & Pepper
- Good dash of Worcestershire Sauce
- Good dash of Sweet Chilli Sauce



Preheat oven to 180C.

Mix Mince, Eggs and Rice into 1" Meatballs. For a thicker end result, roll meatballs lightly in flour, otherwise leave as is.

Very quickly - just brown the meatballs in a hot oiled pan, place in a greased baking dish.

Sauté Onions and add to Meatballs. Mix everything else in a dish, and then pour over Meatballs.

Cover with alfoil and bake for 1 hour, or until the rice appears to 'pop' out of the Meatballs. It can also be all simmered on your stovetop in a deep heavy based pan with the lid on, but stirring to prevent sticking can destruct the Meatballs. Serve with mashed potatoes, and seasonal vegetables.