



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Persian Style Meatballs in Tomato Sauce over Basmati Rice

### Ingredients

#### Persian Meatballs

Beef, Basmati Rice, Onion, Mint, Lemon, Olive Oil, Egg, Salt, Pepper

#### Tomato Sauce

Tomatoes, Olive Oil, Chicken Stock, Mint, Cinnamon, Turmeric, Lemon, Salt, Pepper

#### Persian Salad

Tomatoes, Cucumber, Onion, Mint, Lemon Juice, Olive Oil, Salt.

Basmati Rice

#### Produce

Lemon

Naan

CAL 536  
FAT 33g | CHO 20g | PRO 41g

### Directions

NOTE: for 2 or 4 servings, your meatballs and rice are in an oven safe dish. Remove lid, cover with foil and place in a 350 degree oven for 15-20 minutes.

To cook rice: Rinse with water, then add to a pot with lid. Fill the rice jar twice with water and add to the pot. Bring to a boil, reduce to a simmer, cover and set a 20 minutes timer. Remove from heat and set aside for 10 minutes.

Place meatballs in a 350 degree oven for 10-15 minutes.

Warm naan for 5 minutes in the oven.

Heat sauce in a saucepan.

Fill bowls with rice, meatballs topped with sauce and finished with a squeeze of lemon. Add a side of salad and naan.