



Ingredients

- 1 tbsp Oil
- 150 g Small (150g) onion, sliced
- 400 g Meatballs, store bought
- 210 g White Mushrooms
- 1.33 cups Water
- 1 pkt MAGGI Beef Stroganoff Recipe Base
- 40 g Sour Cream
- 250 g Cauliflower & Broccoli Rice
- 250 g Basmati Rice

Instruction

1. Heat oil in a large deep non-stick pan over low heat; add onion and sauté for 3-4 minutes or until softened. Add meatballs, cook 6-7 minutes or until browned. Add mushrooms and cook for a further 2 minutes.
2. Add combined 1 1/3 cup (330mL) water and MAGGI Recipe Base, bring to boil, stirring. Cover and simmer 10 minutes or until meatballs are cooked through.
3. Prepare Cauliflower Broccoli & Sweet Potato Rice as per direction on pack. Serve Rice with meatballs topped with extra sour cream and a sprinkle of chopped flat leaf parsley, if desired.

Nutrition

Carbohydrates	46.96 g
Energy	447.29 kcal
Fats	18.81 g
Protein	32.17 g

🕒 27 Minutes

⊕ 4 portions