

ROSS IL-FORN (MALTESE BAKED RICE)

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-beef-mince-curry-recipe>

Ingredients:

- 300 grams minced beef
- 300 grams long grain rice
- olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 1/2 cup white wine
- 3/4 cup water
- 1 teaspoon chicken beef or vegetable stock powder
- 2 tablespoons tomato paste
- 1 can crushed tomatoes
- 1 teaspoon Italian herbs mixed
- chilli flakes optional
- 1 teaspoon curry
- 1/2 teaspoon mixed spice
- salt
- pepper
- 2 bay leaves
- 1 tablespoon Worcestershire sauce make sure you use Gluten Free
- 1 teaspoon sugar
- 3/4 cup Parmesan cheese
- 100 grams mozzarella cubed, optional
- 1 egg beaten
- chopped parsley Freshly
- butter

Nutrition:

1. Calories: 1220 calories

2. Carbohydrate: 114 grams
3. Cholesterol: 245 milligrams
4. Fat: 56 grams
5. Fiber: 4 grams
6. Protein: 56 grams
7. SaturatedFat: 25 grams
8. Sodium: 1420 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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