




CONFOIL

Smoothwall

Foil Food Trays

Made in Australia for Australian Flavours

Kangaroo Meatballs with Saltbush & Native Pepper Berry

Ingredients

800g kangaroo mince

2 garlic cloves, crushed

2 teaspoons each of dried saltbush & native pepper berry

2 tablespoons of plain flour

2-3 tablespoons of olive oil

1 cup / 250ml of red wine

1 cup / 250ml of beef stock

1 cup / 250ml tomato passata

Sprig of rosemary

Salt flakes & cracked black pepper, to taste

Grated parmesan & polenta, to serve

Method

Combine the kangaroo mince with the garlic, herbs, salt and pepper. Scrunch together with wet hands until well combined. Roll into walnut size meatballs and dust with flour.

Heat a large frying pan over high heat. Add some oil and fry quickly in batches for 2-3 minutes, until meatballs are sealed and well-browned on all sides. Be careful not to overcook the kangaroo. Remove and rest on a plate while you fry the remaining meatballs.

Turn down the heat and add the wine to deglaze the pan. Once reduced by about one quarter, add the beef stock, passata and rosemary. Simmer for 5-10 minutes. Return the meatballs to the pan and gently spoon over the sauce until slightly thickened. Turn off the heat and season to taste.

Serve with creamy polenta, grated parmesan, and a side salad of your choice.

Makes 4 Serves

Kangaroo Meatballs with Saltbush & Native Pepper Berry



Saltbush

Derived from a grey-blue bush, the silvery-green leaves of the saltbush can be added fresh to salad and meat marinades. Alternatively, the leaves can be dried and used as seasonings or as a direct substitute for salt.



Native Pepper Berry

Native pepper berry (also known as Mountain Pepper) occurs naturally in the cooler rainforest areas of Tasmania, Victoria, and New South Wales. Both the leaves and the berries of this plant are cultivated for cooking uses, with the dried berries able to be used like peppercorns, to add a mild spice to meats.

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Confoil's Smoothwall tray, product code 6118-32, is the ideal choice for single serve meals. At 556ml capacity, this tray perfectly suits smaller portion meals such as meatballs and pastas. The tray is also suited to desserts such as crème caramel or bread and butter puddings.

Product Dimensions: 6118-32

Top Out: 178 x 136mm
Top In: 164 x 122mm
Base: 153 x 111mm

Height: 32mm
Capacity: 556ml
Quantity per Carton: 720

Product Notes