

Turkey Meatballs and Beans

Supply Chain



Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Use 10 portions
Bidfood	03444	Vegetable Oil	Millilitres	30
Bidfood	75373	Red Onion	Grams	340
Bidfood	30271	Garlic Puree	Grams	4
Bidfood	17576	Chopped Tomatoes	Grams	1200
Bidfood	64634	Worcestershire Sauce	Millilitres	30
Bidfood	27372	Turkey Breast Mince	Grams	1250
Bidfood	18926	Large Eggs	Each	1
Bidfood	75667	Oregano	Grams	20
Bidfood	36696	Cannellini Beans	Grams	2800
Bidfood	75245	Parsley	Grams	5

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Most products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework

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Method:

- Heat the oil in a frying pan and fry half of a finely chopped onion for 6-7 minutes until softened. Add half the garlic puree and fry for a minute more, then add the chopped tomatoes and half the Worcestershire sauce. Add a good pinch of salt and pepper and simmer over a medium heat for 20 minutes, stirring every now and then.
- Meanwhile, make the turkey meatballs. Put the remaining finely chopped onion and remaining garlic puree into a mini food processor and whizz to a fine paste. Spoon into a large bowl with the turkey mince, egg yolk, the rest of the Worcestershire sauce and the oregano. Add a large pinch of salt and pepper and mix well.
- Roll the mixture into even sized balls, then heat another glug of oil in a large frying pan and fry the meatballs for about 10 minutes, turning, until lightly golden all over. Add the meatballs to the tomato sauce along with the beans, then gently simmer for 10 minutes. Ensure the core temperature of the meatballs and sauce has reached 75°C. Scatter parsley over to serve.

Nutrition per portion (538g):

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	384 kcal	29g	10g	7g	2g	44g	15g	0.3g

Allergens: Gluten, Eggs, Fish

Quality statement: The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

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