

Prego

BEEF MEATBALLS

Pan-Fried Gnocchi, Fava Beans

(Serves 2) EASY★☆☆☆ TIME:30mins



INGREDIENTS

Beef Meat Balls	200gm
Homemade Gnocchi	300gm
Tomato Sauce Premix	200gm
Water	1 litre
Salt, to taste	
Fava Beans	100gm
Green Peas	100gm
Olive Oil	1 tbsp
Aquaponics Basil	1 sprig
Parmesan Cheese	30gm
Salt, to taste	

METHOD

1. Sauté meat balls on medium high heat till golden brown, set aside.
2. Boil water with salt for cooking pasta. Blanch gnocchi and remove once they float to surface. Drain in a colander. Toss with olive oil to prevent sticking.
3. Heat up pan on medium high heat. Pan-fry gnocchi till golden brown and crispy. Season with salt and pepper. Add in fava beans, green peas and sauté. Transfer to a plate.
4. On the same pan, heat up tomato sauce premix and add in meat balls. Ensure meat is cooked through.
5. Spoon meatball on gnocchi with the remaining sauce, and garnish with basil, cheese before serving.


*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

