Beef Meatballs with Mash and Green Beans



Juicy, tender beef meatballs in a simple tomato sauce, served with creamy (dairy-free) mashed potato and steamed green beans. A hearty, healthy lunch that's perfect for little hands.

MAKES
6 TODDLER PORTIONS
(250 ml each)

PREPARATION
25 minutes

COOKING TIME
25 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients



400 g
beef mince
(lean)



150 ml
tomato purée
or passata



2 tbsp
onion
(finely grated
or very finely
chopped)



40 g
oat flour
(about ⅓ cup)



1 tsp
dried mixed
herbs
(optional)



1 tbsp
olive oil



500 g
potatoes
(about 3 medium)



300 g
green beans
(fresh or frozen)

Method



1. In a bowl, combine the beef mince, oat flour, onion, herbs and a pinch of salt and pepper. Mix well.



2. Shape into 12 small meatballs (about the size of a large meatball).



3. Heat a little olive oil in a pan and brown the meatballs on all sides.



4. Add the tomato purée (and a little water if needed). Cover and simmer for 15–20 minutes, until cooked through.



5. Peel, cube and boil the potatoes until soft.



6. Mash the potatoes until smooth. Use a little of the cooking water to get a creamy texture (no milk or butter needed).



7. Steam the green beans until tender but still bright green (about 5–8 minutes).



8. Allow to cool, then pack six individual meals (meatballs with sauce, mash and green beans). Freeze within 2 months. Reheat thoroughly to 74°C before serving.

Top tips

- Keep the meatballs small for little mouths.
- Use lean mince for a softer texture.
- Add a little extra veg like grated carrot or courgette if you like.
- Mash the potato well for younger toddlers.
- Cut the green beans into small, bite-sized pieces.
- For Miss Lion, use clean equipment and prevent cross-contact with allergens.

Serving guide

~100 ml	~100 ml	~50 ml
Meatballs & sauce (2–3 small meatballs)	Mashed potato	Green beans

Total: ~250 ml per child