

## Giant Spicy Meatballs with Rice

*This again comes from Jamie Oliver – despite being famous the world over, I don't think he gets enough credit! This is easy to do but will take up to an hour, so not the best to attempt if you've been at the saloon, unless you come home early.....*

### Ingredients

500 g lean mince (can be lamb, beef, or pork – I've used each before)  
1 400 g tin of lentils  
Olive oil  
5 tablespoons Madras curry paste (can go up to Vindaloo if you want ass-burner)  
Salt and pepper  
4 fresh red chillies  
300 g basmati rice  
400 g frozen spinach  
6 teaspoons mango chutney  
4 tablespoons natural yoghurt

### Method

Drain the lentils and scrunch with the mince, and curry paste. Season with salt and pepper. Form into 6 quite large meatballs. Add these to a roasting tin greased with olive oil, prick the chillies and add them to the tin, and bake at 180 °C for 20 minutes.

Remove the tray from the oven, lift out the chillies, and add the rice and 600 mL of boiling water from a kettle. Put the chillies back on top of the rice, and cover tightly with tin foil. Return to the oven and bake for a further 20 minutes.

Remove the tray again, and lift up the foil. Stir the frozen spinach into the rice, and recover before returning to the oven for a further 20 minutes. After this time, remove from the oven, uncover and fluff up the rice and spinach. Brush each meatball with mango chutney and serve with a dollop of natural yoghurt.