



Meatballs

You will need:

Meatballs

500g mince

1 onion

Seasoning (salt, pepper, herbs)

Sauce

1 jar / carton of passata

For a veggie tomato sauce:

Fry some finely chopped onion, garlic and a red pepper, then add a grated carrot and courgette and cook until it's all soft. Add a tin of tomatoes or a carton of passata, along with any herbs, spices and seasonings. Allow to simmer gently, then blend or leave chunky and pour over the top of your meatballs.

Top tips

- These work well with any kind of mince (pork, beef, lamb etc)
- Make the meatballs slightly bigger and 'stuff' with mozzarella or brie
- They can also be shallow fried, just pour the warmed sauce over the top, once cooked
- Add breadcrumbs and a beaten egg to the mixture to make it go further

Allergens

- None in this basic recipe

Chop the onion very finely, either by hand or using a food processor and place into a large bowl

Add the mince and any seasoning and mix well

Use your hands to combine the mixture and roll into equal sized balls (you should be able to make 9 to 12 meatballs, depending upon the size)

Place the meatballs in an ovenproof dish and pour over the passata / tomato sauce

Preheat the oven to 180°C

Bake for approximately 25 minutes, until cooked through (to check, simply cut one in half)

Try different flavour suggestions:

- Pork mince: Add grated apple (squeeze the excess moisture from the apples)
- Turkey mince: Add curry powder and mango chutney
- Lamb mince: Chop a chilli with the onion and add some curry spices (serve with crumbled feta cheese over the top)
- Add spinach to the dish for the final 5 minutes of cooking, for some added colour

These are delicious served with pasta or spaghetti / courgetti or in a pitta bread, topped with grated cheese

For more recipes, visit www.wisherefordshire.org/cooking

