

Meatballs in Spicy Tomato Sauce

Season: Summer

Type: Main Meal

Difficulty:

Serves:

Fresh from the garden: Tomatoes, Onion, Garlic

Recipe source: Mrs Hatchard

Equipment: Large bowl Measuring spoons Frying pan Knife Chopping board	Ingredients: <u>Meatballs</u> 500gms mince 1 egg 1 onion Pepper 1 tablespoon breadcrumbs Oil/shallow frying <u>Spicy tomato sauce</u> 1 tablespoon of oil 1 clove of garlic 4-5 large tomatoes 2 tablespoons tomato paste Pinch crushed chilli ½ teaspoon sugar Pepper and salt to taste
--	--

What to do:

Meatballs

- Finely dice the onion.
- Mix the onion, mince, egg pepper and bread crumbs in a bowl until combined well.
- Roll the mince into small balls
- Flatten the balls slightly and cook in the frying pan until cooked.
- Remove the meatballs and place on paper towel.

Sauce

- Chop the onion and crush the garlic.
- Saute (cook onion and garlic until they are opaque)
- Add all the other sauce ingredients and cook for 15 to 20 mins or until thickened.
- Return the meatballs to the tomato sauce
- Cook until hot.