

ITALIAN MEATBALLS



INGREDIENTS

- 120g Beef Mince
 - 1 egg
 - 50g breadcrumbs
 - 2 tsp mixed herbs
 - Handful Fresh Parsley
 - 50g Parmesan Cheese
 - Salt & Pepper
- Tomato Sauce:
- 2 Garlic Cloves
 - 50g White onion
 - 400g tinned tomatoes
 - 1 tbsp tomato paste
 - 1 teaspoon mixed herbs
 - 1/2 teaspoon sugar

METHOD

- In a bowl, add the meatball ingredients and mix thoroughly. Form the meatballs into golf ball size and seal in a hot frying pan until just browned on the outside.
- To make the tomato sauce, using the fat from the meatballs in the frying pan add the garlic and diced onion to saute. Add the tomatoes, puree, herbs, sugar and season well. Let simmer gently for 10-15 minutes.
- In a baking tray, add the meatballs and coat with the cooked tomato sauce. Bake initially in the oven at 200°C for 10 minutes, top with the mozzarella & parmesan and bake again for 2 minutes.