



# Italian meatballs in tomato sauce



Serves: 4

## Time

Preparation time 30 minutes

Cooking time 55 minutes

## Ingredients

### Meatballs

- 1 teaspoon sunflower oil
- 1 onion, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 1 egg
- 500g lean minced beef
- 2 slices wholemeal bread, crumbed
- 1 heaped teaspoon oregano or mixed herbs
- pepper
- 1–2 teaspoons sunflower oil for frying meatballs

### Tomato sauce

- 1 teaspoon sunflower oil
- 1 small onion, peeled and chopped
- 1 garlic clove, peeled and crushed
- 2 x 400g tinned chopped tomatoes
- handful fresh basil leaves, chopped (reserve a few leaves for garnish)

### To serve

- 300g spaghetti (uncooked weight)



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## Method

1. Heat 1 teaspoon oil in a non-stick frying pan, add onion and garlic and cook gently for 5 mins until softened and golden. Set aside to cool.
2. Crack egg into a large bowl and beat with a fork. Then mix in the mince, breadcrumbs, cooked onion and garlic, herbs, and pepper.
3. Using clean hands, form the mixture into approximately 16 round balls.
4. Place the meatballs on a plate, cover with clingfilm and refrigerate.
5. Heat 1 teaspoon oil in a saucepan. Add onion and garlic and cook gently until softened and golden.
6. Add the chopped tomatoes to the cooked onion and garlic and cook uncovered for approximately 20 mins or until the tomato softens, stirring occasionally.
7. Add a splash of water if the sauce is too thick.
8. Preheat the oven to 180°C or gas mark 4.
9. Heat a non-stick frying pan with a little sunflower oil and cook meatballs for about 10 minutes until browned.
10. Place meatballs in an ovenproof dish, add the tomato sauce.
11. Place in the oven for 15–20 minutes until the sauce is bubbling. Add the basil leaves and stir through.
12. Garnish the meatballs with a few basil leaves and serve with cooked spaghetti (cook according to packet instructions).