

Meatballs and Tomato sauce

Ingredients

Meatballs

250g Beef or Quorn mince.

1 onion.

1 slice of bread

1 egg

Salt & pepper

For the sauce:-

1 tbsp Olive oil

1 clove garlic

1 x 400g tin chopped tomatoes

1 tsp sugar

$\frac{1}{2}$ tsp mixed herbs



Aim Higher

Flavour your meatballs with cheese, herbs or use a different type of mince.

Equipment

All equipment is provided by school

**** DON'T FORGET TO BRING A CONTAINER TO TAKE YOUR FOOD HOME ****

Oven temperature 200°C or Gas 6

Method:

1. Chop onion finely. (★ Chop fresh herbs and grate cheese if using)
2. Place bread in food processor to whizz into breadcrumbs.
3. Add mince, chopped onion, breadcrumbs, beaten egg and pinch of salt & pepper (★ plus any other ingredients you have chosen). Mix together really well, using hands so that the mixture is thoroughly combined.
4. Roll the mixture into golf ball sized meatballs and place on a greased baking sheet. Mixture will make 12 - 15 meatballs.
5. Roast in the oven for approx 25 mins. (The internal temperature of the meatballs must be above 80 C)
6. Make the sauce while the meatballs are cooking. Heat oil in frying pan. Add chopped garlic. Stir in the tomatoes, sugar, herbs and seasoning.
7. Simmer for 10 mins until slightly thickened.
8. Stir the cooked meatballs into the sauce.