

Meatballs in Tomato Sauce

Homemade Meatballs & Sauce



Ingredients:

120g Dried Pasta: Spaghetti or any shape of your choice

Ingredients for Meatballs:

250g Lamb Mince or Beef Mince

1 Small Onion (Optional)

1 Clove of Garlic

1 Teaspoon Cumin / Dried Mixed Herbs: School to Provide

1 Chilli (Optional)

½ Tablespoon Flour: School to Provide



Please bring a container to take your pasta / spaghetti, meatballs and tomato sauce home in.



Ingredients for Tomato Sauce:

400g Tin Chopped Tomatoes

20g Cheese: Cheddar or Parmesan: Optional for Garnish

1 Onion

1 Clove of Garlic

1 Tablespoon Fresh / Dried Chopped Basil

1 Tablespoon Tomato Puree

Additional Vegetables: Peppers, Mushrooms, Courgette (Optional)

Pinch Salt and Ground Black Pepper

Basil Leaves: Optional for Garnish



Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Line a baking tray with greaseproof baking paper.
3. Weigh and measure all ingredients accurately.
4. To make the meatballs in the **food processor**:
 - ♦ Place meat, onion, garlic, chilli and herbs into the food processor. Blitz for 20 seconds
4. To make the meatballs **by hand**:
 - ♦ Peel the onion and cut into very small pieces. Peel and crush the garlic the garlic.
 - ♦ Cut off the top of the chilli and remove the seeds. Cut the chilli into very small pieces.
 - ♦ Put the onion, chilli and garlic into a bowl and mix thoroughly.
 - ♦ Add the mince, cumin / herbs and mix thoroughly.
5. Sprinkle a little flour onto a red chopping board, then divide and shape the mixture into 6 - 8 balls.
6. Carefully place the balls onto the lined baking tray.
7. Bake in the oven for 20 to 25 minutes. Ensure meatballs are thoroughly cooked, there should be no pink. Use a food probe to check that they have a core temperature of 75°C.
8. Meanwhile for the sauce: Chop the onion and vegetables. Peel and crush the garlic.
9. Heat a tablespoon of oil in a saucepan and fry the onion, any additional vegetables and garlic until they are soft (3 - 5 minute).
10. Add the tinned tomatoes, herbs, tomato purée, salt and pepper.
11. Let it boil, then turn down the heat and let it simmer for 10 minutes.
12. Meanwhile, half fill a saucepan with water and a pinch of salt, place on the back of the hob and bring to the boil. Do not add the spaghetti / pasta until this is boiling. Cook for 10 to 12 minutes until al dente (tender). Once cooked, use a colander to drain the water.
13. Once the meatballs are cooked, use a food probe to check that they have a core temperature of 75°C.
14. Place the spaghetti / pasta onto a plate, add the meatballs and pour the sauce over the top. Garnish with grated cheese and / or basil leaves.

