

# Meatballs



## 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 meatballs home in.

## 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.



**At home:** Cook some spaghetti / pasta for 10-12 minutes. You may wish to serve the meatballs with a tomato sauce. You could also sprinkle some cheese (cheddar or parmesan) on the top. When reheating the meatballs, ensure they have a core temperature of 75°C.