

* Price as of March 2015

FoodWise TLC

Spaghetti Meatballs

Serves: 4

Ingredients

For the meatballs

- 500 grams minced beef
- 1 egg, beaten
- 2 clove garlic, crushed
- 1 teaspoon dried oregano
- Seasoning of black pepper and pinch of salt
- 1 tsp olive oil to fry meatballs

For the tomato sauce

- 1 onion, chopped
- 2 cloves garlic
- 1 teaspoon dried oregano
- 1 tablespoon olive oil (not extra-virgin)
- 800 grams tomato passata or chopped tomatoes whizzed to a puree
- 500g Spaghetti

Method

1. Place minced beef, egg, garlic, oregano and seasoning into a large bowl and then, using your hands, mix to combine ingredients before shaping into 12 medium or 16 small balls.
2. Place the meatballs on a plate and put them in the fridge.
3. Heat the oil in the saucepan over a medium heat, and then gently fry the onion and garlic until the onion is soft.
4. Add the tomato passata to the pan and cook for about 10 minutes. The tomato sauce will appear thin at this stage, but don't worry as it will thicken a little later.
5. While the tomato sauce is cooking, gently heat up the tsp oil in a frying pan and place the meatballs one by one into the pan. Gently cook for about 10minutes turning the meatballs over and over so that they cook on all sides.
6. Then carefully drop the meatballs into the tomato sauce one by one.



7. Cook everything for about 20 minutes, with the lid only partially covering it.

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8. While the meatballs are cooking in the sauce, bring a large saucepan of salted water to the boil. When the water comes to boiling point place your spaghetti into the water, easing it in until it is all covered by the water. Stir then cook pasta for 12 minutes or until pasta is cooked.

9. Drain the spaghetti thoroughly, put the spaghetti back into the saucepan and carefully pour some of the tomato sauce into the spaghetti, give it a good stir. Dish the spaghetti onto your plates and put meatballs on top with more sauce if desired.