

Meatballs

Amount Ingredients

Meatballs

150g Beef mince
2 tsp Mixed herbs
1 Egg yolk
1/8 tsp Cayenne pepper
2 tbsp Breadcrumbs
1/2 Onion

75g Spaghetti

Sauce

1 Tin tomatoes
1 tbsp Tomato puree
1/2 Stock cube
1/2 tsp Sugar
1/4 tsp Mixed herbs
1/2 Onion
1 Clove garlic
3 Or 4 Mushrooms
1/4 Pepper



Method

1. Preheat oven to 200oC, Gas 6.
2. Put a pan of salted water on to boil. Add pasta when boiling and cook for 10 minutes.
3. Finely dice the onion and mix 1/2 in a bowl with the beef, mixed herbs, egg yolk, cayenne pepper, breadcrumbs.
4. Roll into balls and bake for 15 - 20 minutes until cook through.
5. Fry the second 1/2 of onion with garlic until soft.
6. Add the peppers and mushrooms and cook for 2 minutes
7. Add the puree, tinned tomatoes, sugar, mixed herbs and stock cube and simmer for 10 mins
8. Mix sauce and meat balls and serve with the drained pasta