

# MEATBALLS IN TOMATO SAUCE

Meatballs are a great fun and tasty dinner to make with children (and adults!) of all ages. This recipe makes traditional pork and beef meatballs but you could use all beef or all pork mince.

The meatballs are not pre-baked like many recipes, but are dolloped into the tomato sauce so try and resist temptation to stir them for at least 15 minutes until they are cooked on the outside, or you will end up with bolognese sauce instead!.

Italian meatballs are usually cooked in a tomato sauce, this recipe is for a tomato sauce enriched with lots of hidden extra veggies: red pepper, courgette and carrot. The veg is grated and disappears into the sauce when it is cooked. For vegetarian meatballs substitute the mince for meat-free mince and add an extra egg to help bind the mix together. Alternatively you could use shop bought meat-free meatballs.

Serves 4 - 6

## INGREDIENTS:

### For the Meatballs:

- 200g pork mince
- 200g beef mince
- 2 tablespoons dried breadcrumbs
- 4 tablespoons finely grated Parmesan, Grana Padano or Cheddar cheese
- 1 egg, lightly beaten
- 1 clove garlic, finely chopped
- 1 heaped teaspoon dried oregano
- 1 large pinch of salt & pepper

The meat in the Recipe Kit is already weighed out for you, NO NEED FOR SCALES!



### For the Sauce:

- 1 tablespoon olive oil
- 1 small onion, peeled and finely chopped
- 2 cloves garlic, finely chopped
- 1 carrot, scrubbed clean and grated
- 1/2 courgette, washed and grated
- 1 red pepper, washed deseeded and grated
- 1 x 680g jar tomato passata
- 1 heaped tablespoon tomato puree
- 1 heaped teaspoon dried oregano
- 1 large pinch of salt, pepper & sugar



### To Serve:

- spaghetti, tagliatelle or any pasta
- grated cheese

Tablespoon 15ml



Teaspoon 5ml

Dessert Spoon 10ml

### 'TOP TIP'

A 'level' spoon is the measure you get if you fill the spoon with the ingredient and then run a knife across the top to remove anything above the rim of the spoon.

A 'heaped' spoon is the measure you get by filling the spoon with as much of the ingredient as possible

## METHOD:

**1.** Start with making the meatballs. Place all the meatball ingredients in a large bowl: the meat, 2 tablespoons dried breadcrumbs, finely grate the cheese and measure 4 tablespoons, crack the egg and lightly beat in a bowl, peel the garlic and finely chop, measure 1 heaped teaspoon of dried oregano and a large pinch of salt and pepper.



**2.** Squish together with your (well washed) hands until very well combined. Using your hands shape the mixture into 15 equal sized balls (about the size of a walnut), set aside on a plate or tray until you are ready to cook. **Now wash your hands very well.**



**3.** Prepare the veggies for the sauce. Peel and finely chop the onion and garlic. Scrub the carrot then grate it. Wash then grate the courgette. Slice open the red pepper and remove the seeds, then grate.



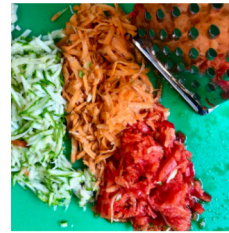


4. Heat 1 tablespoon of oil for the sauce in a large saucepan or casserole dish. Fry the onion for 5 minutes, stirring frequently. Add the garlic and all the grated veggies. Cook for 5 minutes, stirring regularly so nothing catches.

5. Stir in the tomato passata, then fill the jar one third full with water. With the top on shake the jar and pour the water into the pan, Stir in 1 heaped tablespoon tomato puree, 1 heaped teaspoon oregano and a pinch of salt, pepper and sugar. Bring to a simmer and cook the sauce for 15 minutes, stirring from time to time.

**\*TOP TIP\***

A 'simmer' is when you see bubbles appear on the surface of liquids



**\*TOP TIP\***

A pinch is as much as you can pick up between your thumb and forefinger



6. Carefully spoon the meatballs into the sauce. The hot sauce will hurt if it splashes you so lower the balls on a spoon into the sauce rather than using your hands. Cover the pan with a lid and leave to cook for 20 minutes. **DO NOT STIR the balls for at least 15 minutes as they need to firm up and cook.**

7. While the meatballs are cooking, cook the pasta following the instructions on the packet. Serve the meatballs on a bed of spaghetti or tagliatelle or any pasta, with grated Grana Padano/Parmesan or Cheddar cheese sprinkled over the top. The meatballs are even more delicious eaten with some lovely crunchy salad on the side!



**Need some extra help?** Then do call me on 07902 802982 and I can talk you through any meatball making problems, we could even link up with a video call! Louisa x

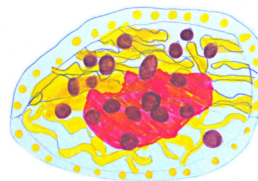


**Watch the Video!** To help you make this dish at home the Healthy Lifestyles Team have videoed the recipe for you to watch. It can be seen on the WISH HEREFORDSHIRE site, along with lots of other healthy and tasty recipes: <https://www.wisherefordshire.org/keeping-well-staying-healthy/healthy-lifestyles/healthy-eating/cooking-at-home/>



**Can you draw your meatballs? Or perhaps want to share your photos making or serving up your meatballs? Please email your meatball masterpieces to [louisa@growinglocal.org.uk](mailto:louisa@growinglocal.org.uk). We would love to see them!**

meatballs



**Meatballs round the World!**



We think of meatballs as being Italian, but lots of countries eat their own form of meatballs. Have a look on the Internet to discover different recipes from other countries and the different meats, herbs, spices and sauces they are cooked in.

The Italian word for meatball is **POLPETTE**



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