Meatballs

Ingredients

250g Beef mince/chicken mince/Quorn
1 small onion
1 egg
Pinch mixed herbs
1 x 500g passata sauce
2 cloves garlic
1 tbsp oil
Chilli powder/flakes are optional
Grated parmesan to serve
Sprig of parsley to garnish for presentation

Equipment

Wok or frying pan
Fish slice
Mixing bowl
Sharp knife
Brown chopping board
Red bowl
Table knife
Fork
Mixing bowl

Method

Start

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Finely chop small onion and garlic, put into mixing bowl add mix herbs, chilli, seasoning.

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Crack one egg into red bowl mix using a fork and add to mixture.

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Mix together using your hands thoroughly, split mixture evenly and roll mince mixture into balls. check they are uniform in size

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Approx ½ fill a saucepan with hot water and put onto boil.
Add some oil to a frying pan and heat gently, add meat balls do not allow them to stick control the heat. Keep turning the meat balls.

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Add passata keep stirring, add mixed herbs/spices (optional) leave to simmer. Add pasta to the boiling water, cook for 3 minutes and drain water. Check meatballs are 75oC.

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Carefully place into container (meat balls may break)

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STOP