



HOMEMADE MEATBALLS

WITH TOMATO SAUCE & PASTA



INGREDIENTS

MEATBALLS

500g minced beef
1 egg
1tsp Italian herbs
3 slices of bread or 2
slices thick bread (for
breadcrumbs)
½ onion, finely chopped
1 clove garlic, finely
chopped
Veg/olive oil*

EQUIPMENT

Chopping board, mixing
bowl, large saucepan,
frying pan, wooden spoon,
knife, grater

ALLERGENS gluten (bread
and pasta), egg

SERVES 5

TOMATO SAUCE

1½ onions, finely
chopped
1 clove garlic, finely
chopped
2 tbsp tomato puree
1 X 400g tin of chopped
tomatoes
2 tsp Italian herbs
150ml water*
veg/olive oil*

PASTA

350g pasta
veg/olive oil*
salt & pepper*

*not provided

STEP 1 – THE MEATBALLS

- Grate the sliced bread to create breadcrumbs.
- Finely chop ½ of one of the onions and a clove of garlic.
- Crack the egg into a large mixing bowl and beat.
- Add the beef mince, 1 tsp of the herbs, breadcrumbs, garlic and onion to the egg and mix everything together well.



STEP 2

- Using your hands, divide & shape the mixture into 10 balls, of a similar size.
- Heat the oil in a frying pan, add the meatballs and fry on a medium heat until cooked through.
- Set aside for later.



STEP 3

- Put some cold water and a pinch of salt into a large saucepan and bring to the boil.
- Add the pasta and cook for 10-12 minutes.



STEP 4 – THE SAUCE

- To make the tomato sauce, finely chop the remaining 1 ½ onions and clove of garlic and fry for 3-4 minutes.



STEP 5

- Add in the tomato puree, tinned tomatoes, water, Italian herbs and salt and pepper.
- Mix together well and gently cook the sauce for another 5-6 minutes, stirring regularly.



STEP 6

- Add the meatballs back in to the tomato sauce and cook for 3 to 4 minutes to heat through. Mix well so they have a good coating of sauce.



STEP 7

- Drain the pasta. Serve onto plates and pour over the meatballs and tomato sauce.
- Enjoy!



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