

Let's get cooking with

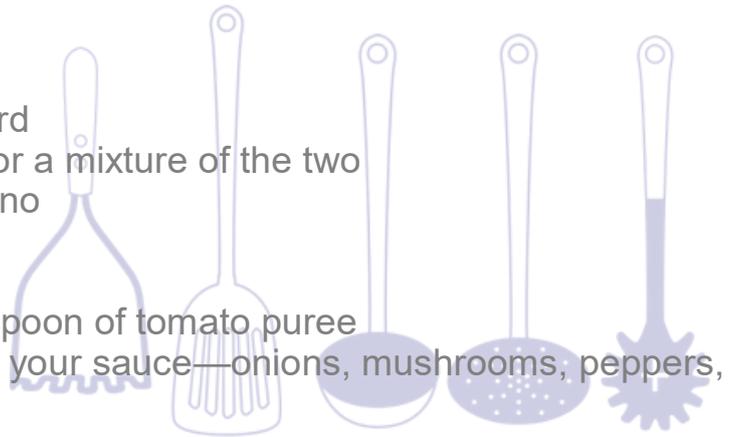


Healthworks
the community health charity

Mighty Meatballs in a tomato sauce with spaghetti

What you need:

- 12 Cream crackers
- 4 sprigs of fresh rosemary
- 2 heaped teaspoons Dijon mustard
- 500 g quality minced beef, pork, or a mixture of the two
- 1 heaped tablespoon dried oregano
- 1 large free-range egg
- Spaghetti pasta
- 2 tins of tomatoes and one tablespoon of tomato puree
- Any vegetables you want to go in your sauce—onions, mushrooms, peppers, courgette etc



How to prepare:

1. Wrap the crackers in a tea towel and smash up until fine, breaking up any big bits with your hands, then tip into a large bowl.
2. Pick and finely chop the rosemary, then add to the bowl with the mustard, minced meat and oregano.
3. Crack the egg into the bowl, then add a good pinch of sea salt and black pepper.
4. With clean hands, scrunch and mix everything up well.
5. Divide into 4 large balls,
6. With wet hands divide each ball into 6 and roll into little meatballs – you should end up with 24.
7. Place the meatballs onto a plate, drizzle with oil and jiggle about to coat, then cover and place in the fridge until needed – this will help to firm them up.
8. Heat 1 tablespoon of oil in another large frying pan over a medium heat, add the meatballs and cook for 8 to 10 minutes, or until cooked through, turning regularly
9. To check if they're cooked, cut one opening – there should be no sign of pink.
10. Add any vegetables you have to the pan and fry for a few minutes before adding tinned tomatoes.
11. Place lid on pan and let simmer for 10 minutes.
12. Toss with spaghetti and serve

Top tip/s: You can serve with rice, noodles or even a jacket potato or in a wrap

- Add leftover vegetables you have to make the recipe go further
- Try using turkey or lean pork instead of chicken