

## WHAT YOU NEED

### Meatballs:

- 250g lean beef mince
- 1 onion
- 1 teaspoon of mixed herbs

### Tomato Sauce:

- 1 onion
- 1 dessertspoon of oil
- 2 teaspoons of garlic purée
- 1 teaspoon of dried mixed herbs
- 1 tin of chopped tomatoes
- 1 dessertspoon of tomato purée
- 1 stock cube (any kind) dissolved in 125ml (½ a mug) of boiling water

# How to Make Tomato Meatballs

Serves 2  
(8-10 meatballs)

1



Pre-heat oven to 180°C or gas mark 4. Peel and chop the onion, finely.

2



In a large bowl add mince, onion, herbs. Mix, then divide mixture into equal small balls.

3



Place the meatballs onto a baking tray and bake for 15 minutes, remove and set aside.

4



Peel and dice the onion. Chop garlic if using whole clove rather than purée.

5



Heat oil in large pot. Add onion, garlic purée, herbs and cook for 3 minutes.

6



Add chopped tomatoes, tomato purée, water and stock cube and stir well.

7



Cook on a low to medium heat for around 20 minutes.

8



Add the cooked meatballs to the sauce and simmer for a further 10 minutes.

9



Serve with pasta, rice or couscous and vegetables of your choice.