

Meatballs

Ingredients

2 people

160g beef mince

200g chopped tomatoes

½ egg

1 small onion

½ pepper

1 garlic clove

½ teaspoon herbs

1tbsp breadcrumbs

Equipment List

Small bowl

Knife

Fork

Frying pan

Chopping board

Garlic press

Wooden triangle

Step 1:

Into a large mixing bowl, add the beef mince, breadcrumbs, egg mixture and a pinch of salt and pepper and mix together and divide into 4 even meatballs.



Step 2:

Add 1tbsp of oil to a frying pan. Put the pan on the hob and turn the heat to med/high. Place the meatballs in the pan and cook until brown all over. Then place them aside onto a clean plate. Turn off the heat and put the frying pan on triangle.



Step 3:

Finely dice the pepper into small even pieces. Peel and dice onion and peel and press the garlic.



Step 4:

Using the same frying pan, add 1tbsp of oil and place back on the heat. Fry the pepper, onion and garlic until they have softened. Then pour in the tinned tomatoes and add salt and pepper and herbs. Cook on low heat for 5 minutes.



Step 5: At home

Add the meatballs and tomato sauce to oven proof dish. Put in the oven for 15 minutes. Take out of the oven and place on a triangle to cool

