

Italian Meatballs

This is where batch cooking comes in handy. You can knock up these meatballs in minutes by using a portion of the tomato sauce from the 'stock and sauces' recipe page on this website.



- 250g Turkey Mince
- 250g pork mince
- 1 egg
- 1 tsp dried oregano
- 2-3 fresh basil leaves, chopped finely
- Ground Black Pepper
- 1 slice wholemeal bread
- 1 tbsp. milk
- 1 crushed garlic clove
- 1 sprig fresh rosemary
- 1 pint of tomato sauce taken out of the freezer and defrosted (see separate recipe on side dishes page)
- Grated Parmesan for serving

Pre heat oven to 180'.

Rip up the bread and put it into a bowl and pour over the milk. Leave to one side.

Place all the minced meat, oregano, basil leaves, crushed garlic and a good grind of black pepper into a bowl. Crack in an egg and the milk soaked bread and mix everything up well using your hands.

Roll the mixture into small balls – whatever size you prefer. The bigger they are the longer they will take to cook though. Heat some oil in a pan and gently fry the meatballs to brown them a little and to start the cooking process.

Transfer the meatballs into a roasting pan,



and pour over the tomato sauce you have defrosted



Push the rosemary sprig down into the sauce and Place the dish into the oven for 20-25mins or until the meatballs are cooked through. The time really does depend on how big the meatballs are. You should cut one in half to make sure they are cooked before serving. Make sure they are piping hot all the way through and show no signs of uncooked meat.

Serve topped with some freshly grated parmesan and alongside some steamed veg and quinoa.