



Pukka Meatballs

Courtesy of Mum & Dad

SERVINGS: 6

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

APPROX

Ingredients

MEATBALLS

4 pork sausages
 500g beef mince
 1 onion, finely chopped
 1/4 cup flat-leaf parsley, chopped
 40g parmesan cheese, grated
 50g breadcrumbs
 1 beaten egg
 2 TBS The One Eighty Blend By SAUC'D LOWN SLOW
 Olive oil, for roasting
 Spaghetti, cooked according to package

TOMATO SAUCE

2 tbsp olive oil
 2 garlic clove, crushed
 2 x 400g cans chopped tomatoes
 50ml red wine
 1 tbsp caster sugar
 1/4 cup flat-leaf parsley, finely chopped
 A couple of basil leaves
 Salt and pepper, to taste

Directions

1. Preheat your oven to 200°C (180°C fan)
2. Remove the sausage meat from the casings and place it in a large mixing bowl. Add the beef mince, chopped onion, chopped parsley, grated parmesan, breadcrumbs, beaten egg, salt, and pepper.
3. Put on a pair of gloves and use your hands to mix all the ingredients together really well, ensuring everything is evenly distributed.
4. Once the mixture is well combined, take small portions of it and roll it into meatballs.
5. Bake the meatballs lined baking tray and drizzle them with olive oil in the preheated oven for 20-30 minutes or until they are nicely browned on the outside.
6. While the meatballs are cooking, cook the spaghetti according to the package instructions.
7. Once the meatballs are done, remove them from the oven and add to the plate of spaghetti. Sprinkle some extra-grated parmesan cheese on top for extra flavour. Enjoy!

TOMATO SAUCE

1. Heat the olive oil in a saucepan over medium heat. Add the crushed garlic and sauté for 1-2 minutes or until fragrant, Add the chopped tomatoes, red wine, caster sugar and 1TBS of the spice blend to the saucepan. Stir well to combine.
2. Reduce the heat to low and let the sauce simmer for about 20-25 minutes, stirring occasionally until the tomatoes have broken down and the sauce has thickened.
3. Add the finely chopped parsley and basil leaves to the sauce and stir