

Spaghetti and Meatballs/ Veggie balls

Serves 4

Ingredients

For the meatballs

500g minced beef

1 onion

For the tomato sauce

2 garlic cloves

Fresh or dried basil

1 tin plum tomatoes

Optional veg - e.g. celery, aubergine, carrot



Method

For the meatballs.

Finely chop the onion. Heat 1 tbsp oil in a pan. Gently cook the onion until softened. Leave to cool.

Meanwhile make the tomato sauce.

Finely chop 2 cloves of garlic
Heat a pan then add 1 tbsp olive oil.
Cook the garlic over a medium heat.
Finely chop the basil stalks. Add to the garlic.

Add the hidden veg - finely chopped celery, carrot, aubergine etc.

Add the tin of plum tomatoes. Season with salt and black pepper. Cook for 15-20 minutes, lid off over a medium heat.

The sauce will reduce. Add a splash of water if needed.

Add some chopped basil leaves and even some olives or chilli if you like.

The sauce can be left chunky or blitzed with a stick blender.

For the meatballs.

Place the mince in a bowl. Stir in the cooled onions. Season with salt and pepper.

Roll into 24 balls and cook over medium heat for 10-12 minutes until cooked through and browned.

Serve with spaghetti or even in a ciabatta.
Grate over some parmesan cheese

Veggie balls

2 tbsp olive oil
1 onion
1 garlic clove
250g mushrooms finely chopped
1 can (440g) green lentils - drained and rinsed
6 tbsp breadcrumbs
2 tbsp chopped parsley
2tsp dried mixed herbs
1 egg beaten.

Heat 1 tbsp oil in a pan and cook the onions, garlic and mushrooms for 5 minutes
Pulse these in a food processor with the rest of the ingredients until combined.
Transfer to a bowl and leave to cool for 30 minutes.
Roll into 24 balls. Add 1 tbsp oil to a pan and cook over a medium heat for 10-12 minutes, turning often.