

SPAGHETTI MEATBALLS





INGREDIENTS

MEATBALLS

- 500gm pork mince
- 500gm lamb mince
- 250 gm fine chopped mushrooms
- 1 cup finely chopped spanish onion
- 2 egg whisked raw eggs
- ½ spoon bread crumbs
- 1 spoon wholegrain mustard (*you can use mustard powder but wholegrain is better*)
- 1 teaspoon of finely chopped garlic
- 1 spoon Italian mixed herbs
- 1 teaspoon dry stock
- ½ teaspoon sugar
- ½ onion powder
- ½ ginger powder
- ½ cup parmesan cheese

SAUCE

- 1 finely chopped yellow onion
- ½ finely chopped red onion
- ½ red pepper
- 1 spoon Italian mixed herbs
- 1 spoon garlic
- ½ cup grated carrots (*I sneak in as many veggies as possible in the meals my kids like*)
- 1 can crushed tomatoes
- ½ cup of passata sauce
- 1 teaspoon brown sugar (or even better chutney like Mrs Balls)
- Parmesan cheese
- Olive oil
- Seasoning (*as always, dry stock is my go to*)

Pasta (*any will do, you can always interchange - we use a lot of spaghetti & rotini aka spirals*)



INSTRUCTIONS

MEATBALLS

In a large bowl, add the meat and use a wooden spoon to loosen the mince up such that both meats combine well together. Add half onion, half mushroom, garlic, mustard and mix. Add the remainder of onions and mushrooms and mix well. Add the mixed herbs, sugar, cheese, onion and ginger powder and mix well. Add eggs and bread crumbs and mix well.

Using a tablespoon or a spatula or your hands to shape a large meatball. Follow the process until all meatballs have been rolled. Once done, cover with plastic wrap and place in the fridge for 30 minutes to an hour. The longer you leave it in the fridge the more time the ingredients have to infuse the meat. I try to leave mine overnight when I've had the forethought.

Turn the oven to 200 fan forced. Once the oven is preheated, place the meatballs in a pan and bake for about 15 minutes, just a little undercooked. They'll finish up in the sauce.

SAUCE

Bring the kettle to a boil. While the meatballs bake and the kettle boils, let's get the sauce ready.

Add a favourable amount of olive oil in a deep pan and once the oil has heated add all onions, pepper and garlic. Cook till the onions are translucent and at this point add the dried herbs and carrot.



INSTRUCTIONS

Check the kettle babe – if it's done boiling, follow the instructions on the pasta packaging and cook accordingly.

Back to the sauce, add tomatoes and cook them until they wilt. Follow with the passata sauce and sugar or chutney, mix well, taste and adjust accordingly if necessary. Grab the meatballs from the oven and add them to the sauce, gently mixing well so they don't fall apart. Cook the sauce for a further 3 to 5 minutes and you're done.

Strain the pasta and run it under cold water so it can immediately stop cooking – this method also stops it from sticking to each other. Grab a bowl and place the pasta followed with the sauce and top it off with parmesan cheese.

That was a big deal & YOU did that! Cheers!