

Meatballs & Spaghetti

INGREDIENTS

(enough for 4 - 6 people)

- 🍴 500g lean beef mince
- 🍴 500g pork mince
- 🍴 2 cloves garlic, grated
- 🍴 2 tbsp Basil
- 🍴 2 tbsp parsley
- 🍴 1 tsp salt
- 🍴 1 tbsp olive oil
- 🍴 500g tomato sauce (I use my homemade one which you'll find under the vegetables section)

METHOD

- 🍴 Put the beef, pork, garlic, basil, parsley and salt in a bowl. Mix well
- 🍴 Form into little balls and fry them in a little oil. Do this in batches so you get some nice caramelisation on the meatballs which adds so much flavour to the final dish.
- 🍴 When you've cooked all the balls, return them all to the pan and add the sauce.
- 🍴 Bring to a simmer and cook for 15 to 20 minutes to make sure the meatballs are cooked through.
- 🍴 Having homemade tomato sauce in my freezer saves time and is so much tastier. If I remember I take it out in the morning to defrost, if not I do it in the microwave or pan on a low heat.
- 🍴 And, of course, served on spaghetti which is always super messy but that's part of the fun!