



# Spaghetti and Meatballs

Serves 4



## 1. TOMATO SAUCE:

- 1 Tablespoon of olive oil
- ½ onion, diced
- 1 100 g can diced tomatoes
- ¼ cup tomato paste
- 1 Tablespoon of any of the following herbs: freshly chopped mint, basil, or thyme
- 1 garlic clove, crushed
- 1 tsp sugar
- 1 tsp salt

1. Heat the olive oil in the pan.
2. Add the onion and stir around until softened.
3. Then add the rest of the ingredients.
4. Put the lid on and simmer on low heat for about 15 minutes, stirring once and a while.

## 2. MEATBALLS:

- 500 g minced beef
- 1 garlic clove, minced
- ¼ cup chopped parsley
- ¼ cup grated Parmesan cheese
- ½ medium onion, diced
- ¼ cup breadcrumbs
- 1/2 Tablespoons tomato paste
- 1 small egg
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp dried oregano

Keep these separate:

- ½ cup flour
- 2 Tablespoons of Olive Oil

1. Mix all ingredients with your hands.
2. Scoop out the mixture in heaping tablespoons and form 2 -inch balls.
3. Heat pan over medium heat.
4. Roll the meatballs in ½ cup flour.
5. Add 2 Tablespoons of Olive oil to the pan.
6. Cook meatballs in the pan until brown on the outside AND cooked inside.

## 3. SPAGHETTI:

- 250 g pack of spaghetti

1. Fill a saucepan/pot with hot water and a pinch of salt and bring to a boil.
2. Add pasta and cook for 7-10 minutes.
3. Drain into a colander.

## 4. BUILDING YOUR PLATE:

Place pasta on the plate. Add a few meatballs, then pour over sauce. Make a SELFIE!