



PORK MEATBALLS IN TOMATO SAUCE

SERVES 4

Ingredients

- 14 oz. (400g) lean pork mince
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 2 cups (480ml) passata
- ¼ cup (15g) parsley leaf, chopped
- 2 tbsp. olive oil
- salt & pepper

Steps

1. Place the pork in a medium bowl, season with salt and pepper. Add in garlic and use your hands to mix thoroughly. Using 1 tablespoon of mix, form meatballs, roughly the size of a walnut.
2. Heat 1 tablespoon of olive oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside.
3. In the same pan, heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Season with salt and pepper, bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with parsley.

