



Meatball in tomato sauce & Spagetti

Ingredients

500g chicken or beef mince

Half teaspoon pepper

2 blocks low salt beef or chicken cubes

1 finely slice onion

1 tsp English mustard

1 tsp. sage and parsley

2 can chopped tomato

2 clove garlic

1 tsp oregano

1 tsp. rapeseed/olive oil

Method

Add mince into a mixing

A pepper, English mustard, sage and parsley

Mix in well

Form into small balls

Place in oven gas mark 5

Allow to cook for 15 mins

For sauce add to a pan oil, and sliced onion

Add garlic, 2 cans of tomato, oregano

Allow to simmer for 20 mins on low heat gas mark 4

