

SPAGHETTI AND MEATBALLS

by Tom McGrath

This is a really easy meal that all the family can enjoy.

SERVES 4-5

for the meatballs

- 500g minced meat
- 200g sausage meat
- 120g grated mozzarella
- ½ tsp oregano
- 1 medium onion, grated
- 150g breadcrumbs
- 1 egg, lightly beaten
- pinch salt and pepper
- plain flour, for rolling meatballs in
- dash of oil, for frying

for the tomato sauce

- 2 tbsp olive oil
- 1 large onion, peeled and finely chopped
- 4 cloves garlic, peeled and crushed
- 2 x 400g tins of chopped tomatoes
- pinch of sugar
- pinch of salt and pepper
- handful chopped fresh basil

to serve

- 500g pack of spaghetti or any pasta of your choice
- parmesan, grated
- fresh basil, optional

1. To make the meatballs, add the mince meat, sausage meat, mozzarella, oregano, onions, breadcrumbs and one egg into a bowl and mix well. Add a pinch of salt and pepper and mix again.
2. Divide the mixture into small balls, each one a little bit smaller than a golf ball. Roll each meatball in flour and shape it in your hand.
3. Heat some oil in a large frying pan and gently brown the meatballs in small batches. Remove and set aside.
4. To make the tomato sauce, heat the olive oil in saucepan and gently cook the onion and garlic. Add the tomatoes, sugar and salt and pepper. Cook over a low heat until it thickens up and then stir in the basil.
5. Add the meatballs to the sauce and cook gently over a low heat.
6. While the meatballs are cooking, fill a large pot with water and bring it up to boil. Add a tsp of salt to the water and then add in the pasta. Cook for 10-12 mins (or as per pack instructions). Once cooked, drain the pasta and place some on each plate.
7. Finally add a few meatballs and some sauce over the pasta on each plate and enjoy!

