

meatballs with tomato sauce and spaghetti

serves 4 adults, 6 children



This is a really delicious dish that is full of flavour and so quick to rustle up. Kids love meatballs – and by making your own, you know that, instead of giving them the rubbish so often served under the name of "fast food", you are feeding them proper food, made with quality ingredients. It is not only good for them, it tastes good!
Serve with a green salad.

ingredients

- 450 g / 1 lb pork mince
- 70 g / 2½ oz semolina or farola
- 4 cloves of garlic, peeled, finely chopped
- 2 tbsp tomato puree
- 20 g pack of flat parsley
- 3 tbsp olive oil
- 1 onion, peeled, chopped
- 400 g tin of chopped tomatoes
- 400 g / 14 oz spaghetti
- grated P armesan cheese



method

For the meatballs, place the mince, semolina (farola), 2 garlic cloves and tomato puree in a bowl. Remove the leaves from the parsley (retain the stalks) and finely chop. Add to the bowl with salt and pepper. Once well combined, form into 16 little meatballs and place on a plate in the fridge for an hour or so, time permitting. Otherwise you can cook them straight away.

For the tomato sauce, heat 1 tbsp oil in a saucepan then gently fry the onion and remaining garlic cloves until softened, then add the tomatoes and parsley stalks. Cook over a low heat, uncovered, for about 20 minutes then tip into a blender or liquidiser and puree until smooth, then season to taste. Place in a saucepan.

Heat 2 tbsp oil in a frying pan and fry the meatballs until golden brown and cooked through – about 10 minutes, turning now and then.

Cook the spaghetti according to packet instructions then drain well.

Reheat the tomato sauce to warm.

To serve, place some spaghetti on a plate then top with the sauce. Top with meatballs and serve at once, sprinkled with some Parmesan cheese.

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