

## Year 1 and 2 'Cooking for Fun'

### PORK MEATBALLS IN TOMATO SAUCE

#### Meatball Ingredients

8 oz pork mince

4oz breadcrumbs

2 oz fried finely diced onions

1 medium carrot grated

6 oz pureed apples (you can bulk pulp windfall apples in the autumn; alternatively use  $\frac{3}{4}$  jar of apple sauce)

#### Method

1. Mix all the above into a sticky mass
2. Divide into dessertspoon size balls (should make a minimum of 21)
3. Fry the meatballs to brown the outside
4. Take out of the pan and place on a baking sheet
5. Bake for 20 mins at 170 C
6. Check they are cooked by cutting open largest one to ensure the meat is not pink - if so, cook for longer checking every 5 minutes

### Tomato Sauce Ingredients

4 oz diced onions

1 x clove garlic

2 tins chopped tomatoes

1 x dessertspoon tomato puree

2 x teaspoon sugar

2 beef oxo cubes

Sprinkling of herbs (fresh or dried)

### Method

1. Fry onion and garlic in a saucepan
2. Add remainder of the ingredients
3. Cook over low heat until bubbling and reducing by a quarter
4. Take off heat and once cooled slightly, liquidize
5. Serve with meatballs and pasta (there will be plenty of sauce left to freeze for another day)