



Baked Meat Balls and Tomato Sauce



Method

1. In the baking dish you will use later, put your strips of capsicum with a drizzle of olive oil.
2. Heat oil in the fry pan and begin to brown the meat balls.
3. In a fry pan, brown the meat balls with the onion and garlic.
4. Add meat balls to the baking dish or add the tomato passata and or fresh tomatoes to the electric fry pan.
5. Add the oregano and rosemary and the roasted capsicum.
6. Season to taste with salt and pepper.
7. Transfer to oven and bake for 30 minutes.
8. Add basil or parsley leaves on top with small amount of cheese if you have it.

Serving Suggestion

Serve with a green salad and crusty bread or mix through some cooked spaghetti.

THIS IS A GREAT SHARING DISH AND A TASTY DISH FOR THE TRANSITION OF SUMMER TO AUTUMN

PREP. TIME 15 mins

COOKING TIME 30 mins

SERVES 4-6

INGREDIENTS

2 teaspoons of olive oil

3 garlic cloves

Handful of diced oregano and rosemary

1 small onion

2 x capsicum cut into strips (optional) – can roast in oven

1 x 750 gram jar of tomato passata

1 cup of diced fresh tomato or halved cherry tomatoes

Handful of basil or chopped parsley

10-12 Meat Balls (see recipe for meat balls many ways)

Salt and pepper

EQUIPMENT

Electric fry pan if no oven

Baking dish if not using electric fry pan

Saucepan

Colander

Fry pan

Tongs

Knife

Chopping board

