

CHARLIE'S MEATBALLS

Prep

Ingredients

1tsp Ginger
4 Garlic Cloves
Salt & Pepper
1tsp Tomato Puree
500g Cheddar Cheese
1 Onion
500ml Red Wine/Stock
2 Cans Chopped Tomatoes
500g Mince Meat

Utensils:

Large Bowl for Combining Meatballs
Frying Pan to Brown Meatballs
Oven Tray to Finish Meatballs
Saucepan for Meatballs & Sauce
Saucepan for Cooking Pasta
Strainer

Method

Step 1

- Combine mince meat, 2 chopped garlic cloves, 1tsp ginger, salt & pepper & half the cheese (grated).
- Once combined, roll into balls about the size of golf ball and place in an oiled pan on the stove.
- Brown the outside of the meatballs in the pan.
- Transfer browned meatballs to an oven tray and allow to cook in the oven at 220C/425F/Gas 7.

Step 2

- Pour the remains from the pan into a saucepan and heat the saucepan over a high heat.
- Chop 1 onion & 2 cloves of garlic and brown them off in the saucepan.
- Add both cans of chopped tomatoes and slowly add the red wine (stock).
- Once the meatballs are thoroughly cooked, add them to the saucepan and allow the sauce to simmer and reduce until it is thick.
- To make the sauce thicker, you can add some cornflour if you wish.
- Once the sauce has simmered down enough, cook some pasta in salty water and serve. Add some grated cheddar and parmesan if you wish.