

Meatballs with Sauce

½ pack Basics Minced Beef

1 onion finely chopped

1 slice bread finely chopped

1 tin tomatoes

¼ pt gravy

Usually I would also add 1 egg, 1 teasp each of basil and oregano, salt & pepper, 4 tbsp flour, ¼ teasp paprika, olive oil, ¼ pt of chicken stock instead of gravy, 1 tbsp white wine vinegar, 1 teasp sugar!

Method

1. Mix beef with ½ the onion and the breadcrumbs. Outside of the challenge I would also at this point add the egg. Combine. I would also usually season with ½ the basil and oregano, add the salt & pepper and stir well. During the challenge I used a small amount of water to “wet” some gravy granules and added those mainly for the salt.
2. Roll into balls – usually with floured hands, then coat in flour and paprika mix. Since the meatballs seemed quite moist, during the challenge I missed out the egg (at £0.17 it made quite a difference!), but on cooking the meatballs did crumble a bit. Obviously during the challenge there was no flour or paprika.....
3. Usually I would heat the oil here but since I didn't have any during the challenge, I tried heating Tesco Sunflower Spread – it did not work well!! However the idea is just to brown the meatballs all over at this stage so I just had to keep them moving and hope for the best! Set aside once browned.
4. Add remaining onion to pan and fry gently till golden – this worked because of the fat from the meatballs.
5. Add tomatoes, stock (and outside of the challenge the remaining basil, oregano, wine vinegar & sugar, seasoning to taste!). Boil stirring continuously then lower the heat and return the meatballs to the pan.
6. Cover and transfer to warm oven (160oC) & cook for 45 mins. Served with ½ bag Basics Pasta this dish cost £1.41 and fed 4 people with left-overs!

