**Meatballs in Tomato sauce**

**Meatballs** **Sauce**

500g minced meat – beef/pork/chicken 1 onion

1 egg 1 teaspoon dried herbs

2 tablespoons grated parmesan cheese 1 tablespoon oil (from school)

1 clove garlic 700g passata/chopped tomatoes

1 teaspoon dried herbs salt and pepper

3 tablespoons breadcrumbs

Salt and pepper

Serve with pasta

Box with lid to carry them home in.

Meatballs

Chop the garlic finely.

Put all the meatball ingredients into a mixing bowl and using your hands mix together.

Using about a teaspoon of the mixture at a time roll into balls, keep the meatballs small.

Place onto a white tray lined with greaseproof paper and put into the fridge.

Sauce

Chop the onion and garlic finely.

Heat the oil in a saucepan and fry the onion and garlic for about 5 minutes until soft.

Add the chopped tomatoes/passata and 300ml of cold water to the pan along with the herbs, salt and pepper.

Heat the sauce for about 10 minutes, until it simmers.

Add the meatballs to the sauce and allow to simmer – DO NOT STIR as the meatballs will break up.

Cook for about 20 minutes, until the meatballs turn brown.