

Pork Meatballs

Serves 2 or 3

Meatballs:

200 g Lean Pork Mince
1 sml Onion, finely chopped
1 tsp Oregano



Sauce:

1 tbsp Olive Oil
1 sml Onion, finely chopped
2 cloves Garlic
1 tin Chopped Tomatoes or 1 pack Passata
1 tbsp Balsamic vinegar
2 tsp Honey
Salt and pepper

Serve with: Spaghetti, green beans or a green salad and grated cheese or Feta cheese

- Put the minced pork, onion, oregano and seasoning in a bowl and mix together with your hands. Divide into 12 balls.
- Put onto tray, cover with cling film and put in fridge to chill.
- Make the sauce: Heat the oil in a pan, add the onions and cook until softened. Add the crushed garlic and fry for 2 minutes.
- Tip in the tomatoes, add the vinegar and sugar and simmer gently for 20 minutes.
- Heat the olive oil in a frying pan, then add the meatballs and fry gently over a low heat for 10 minutes, turning them over once.
- Drain off the fat, pour in the sauce and cook for a further 15 minutes.
- Serve with spaghetti or pasta and lightly cooked green beans or peas or a green salad.