

Less than 45 minutes

Serves 4

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Ingredients:

Meatballs:

- 1 onion, finely diced
- 1 sprig fresh thyme, leaves picked
- 1 cup grated baby marrows or carrots (about 4, small)
- 1/2 cup (125ml) fresh breadcrumbs
- 1/2 cup (125ml) grated parmesan, plus extra for serving
- 2 tsp (10ml) ground coriander
- 1 packet (500g) beef mince
- Salt and milled pepper

Tomato sauce:

- Glug olive oil
- 2-3 cloves garlic, chopped
- 1 bottle (500ml) PnP tomato passata (tomato pasta sauce)
- 500g cooked pasta or 250g cooked polenta, for serving
- Fresh basil and grated peel of 1 lemon, for serving

Method:

1. Combine meatball ingredients and shape into golf ball-sized meatballs.
2. Chill for 10 minutes.
3. Heat oil in an ovenproof pan and fry garlic until fragrant. Add passata and simmer for 2 minutes.
4. Remove from heat and place meatballs in sauce.
5. Bake at 180°C for 15 minutes, then turn meatballs over and bake for a further 15-20 minutes, or until sauce has thickened and reduced.
6. Serve meatballs on a bed of pasta or polenta and sprinkle with extra parmesan.
7. Garnish with basil and lemon peel just before serving.