



MASSINGBERD - MUNDY

# Lincoln Red

B E E F

## Tristan's 'Top Notch' Spaghetti & Meatballs

Looking for a quick midweek meal to whip up? Tristan's spaghetti and meatballs are just the thing to get on the table in no time – and is guaranteed to have everyone asking for second helpings!

### Ingredients:

#### For the sauce:

- 3 cloves of garlic, minced
- 1 white onion, finely chopped
- 1tsp mixed herbs
- 1 400g tin chopped tomatoes
- 500ml vegetable stock
- 400g spaghetti, cooked per packet instructions.

#### For the meatballs:

- 400g beef mince
- 1tsp mixed herbs
- 1 clove of garlic, finely minced
- Salt + pepper
- Olive oil

### To make

- Heat 1 tbsp olive oil in a large pan over medium heat, and sweat your onion and garlic, until soft and translucent. Add your mixed herbs, tomatoes and stock, and stir. Bring your sauce to a simmer. Let it cook while you prepare your meatballs, stirring occasionally to make sure it doesn't stick.
- For your meatballs, mix together the mince, garlic, and seasonings in a large bowl until well incorporated. With damp hands, roll into balls (about 30g each) and place on a plate as you go. Heat 1 tbsp of olive oil in a frying pan, and add your meatballs, making sure they're not too close together. Let cook on the first side for 2 -3 minutes, until well browned, and then turn. Continue to turn and cook your meatballs until golden brown all over.
- Add your meatballs to your sauce, and cook for a further 15 minutes until the sauce is reduced and the meatballs are cooked through.
- Serve on warmed plates with spaghetti, and top with basil.

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