


# Mike's Marvellous Meatballs in Tomato Sauce

By Mike Silverstone (Abbeyfield Marketing Team)

Abbeyfield  
Making time for nicer people



 5 servings



Prep: 15 minutes

Cook: 30-35 minutes

## INGREDIENTS

500g beef mince

1 large onion, finely chopped

1 carton (500g) passata

1 can (400g) chopped tomatoes (or freshly chopped if preferred)

Worcestershire sauce

Gluten-free soy sauce

Tabasco

Salt

Black pepper

100g parmesan cheese (optional)

## METHOD

1. Pre-heat the oven to fan 180c/200c.
2. In a large casserole dish, use a wooden spoon to mix the chopped tomatoes and passata with a good slosh of Worcestershire sauce and soy sauce, and 5-6 drops of tabasco (or more for a hotter dish).
3. In a mixing bowl, use your hands to mix the mince and onion, with another good slosh of Worcestershire sauce and soy sauce, and 5-6 drops of tabasco (or more for a hotter dish).
4. Roll the beef mixture into balls, each around the size of a pin-pong ball, and place into the sauce.
5. Bake in the oven for around 30-35 minutes (check after 30 minutes to avoid the meatballs burning).
6. Dish up around 5 meatballs per plate and sprinkle the cheese over the top.

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