

For us this is quite a traditional recipe. We didn't shoehorn any oddities into it. Yay!

Meatballs Ingredients:-

400g of Pork Mince
1 Onion, diced
3 Cloves of Garlic, minced
2 Tbsp of fresh Basil, chopped
1 Tsp of Ground Cinnamon
½ Tsp of Garlic Powder
½ Tsp of Mixed Herbs
Salt & Pepper to season
1 Tbsp of Oil & 1 Tbsp of Olive based Margarine, to fry

Sauce Ingredients:-

1 Onion, diced
3 Cloves of Garlic, minced
200ml of Chicken Stock
1 Tin of Chopped Tomatoes
2 Tbsp of Tomato Puree
1 Cinnamon Stick
100ml of Red Wine
1 Tbsp of Caster Sugar
Oil to fry
Salt & Pepper to season

Pasta to serve, gluten free for us

Method:-

For the Meatballs

(1) Add the Oil & Margarine to a frying pan.
(2) Over a medium heat add the Onions and soften, then add the Garlic and fry for a further minute.
(3) Remove and set aside to cool.
(4) In a bowl add the Mince, Salt & Pepper, Garlic Powder, Basil, Mixed Herbs, Ground Cinnamon and fried Onion & Garlic.
(5) Mix well and form into balls.
(6) Add a little Oil to a frying pans and over a low heat fry the Meatballs until they are cook through.

For the Sauce

(1) Add a little Oil to a pan oven a medium heat and add the Onions, frying until softened.
(2) Add the Garlic and fry for a further minute.
(3) Add the Tomato Puree and stir in.
(4) Season with Salt & Pepper.
(5) Add the tin of Tomatoes, Red Wine, Stock, Cinnamon Stick and sugar.
(6) Allow to simmer for 10 minutes, stirring occasionally.
(7) Cook you Pasta according to the instructions on the packet.
(8) Plate the Pasta, placing the Meatballs over the Pasta and then spoon the Sauce over. Making sure to remove the Cinnamon Stick.

We dressed ours with some fresh Basil. But grated Italian Style Cheese would be a wonderful addition.