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Meat (Fish Balls) in Tomato Sauce

**Ingredients:**

½ lb lean mince or fish

1lb onions

2-3 cloves of garlic

Herbs to taste

400 gms chopped tinned tomatoes

2 tblesp olive oil

250 gms long grain rice

**Method:**

* Wash rice and put on to boil
* When at full boil, stir in figure eight and then turn down heat as low as possible
* When all water absorbed approx. 20 mins stir again and leave.
* Whilst rice is cooking chop onion into small dice
* Combine half of chopped onion with mince (or fish)
* Take spoonfuls of mix and form into ping pong size balls
* Gently fry remaining onions and garlic until softened
* Add tomatoes and herbs cook for approx. 8 mins until thickened
* Add balls using spoon to drop into sauce
* Cook on fast simmer
* Add milk or water if drying too quickly

**DO NOT STIR SHAKE PAN IF NEEDED**

These balls do not have any cereal or binder, the trick is to ensure balls are tightly compressed when forming

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