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| MEAT (or fish) BALLS  | A picture containing text  Description automatically generated |
| **Ingredients:*** ½ lb lean mince or fish
* 1lb onions – finely chopped
* 2-3 cloves of garlic
* 400 grams chopped tinned tomatoes
* 2 tablespoons olive oil
* 250 grams long grain rice
* Fresh herbs to taste
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| **Method:*** Wash the rice, add water and put on to boil
* When at full boil, stir in figure eight and then turn down heat as low as possible
* When all the water is absorbed (this takes about 20 mins) stir again and leave.
* Combine half of the chopped onion with mince (or fish)
* Take spoonfuls of mix and form into ping pong size balls – These balls do not have any binder; the trick is to ensure balls are tightly compressed
* Gently fry remaining the onions and garlic until softened
* Add tomatoes and herbs cook for approx.  8 mins until thickened
* Add the balls using a spoon to drop into the tomato and herb sauce
* Cook on fast simmer
* Add a little water if the tomato sauce mixture is drying out

**DO NOT STIR THE MIXTURE IN THE PAN OR THE BALLS MIGHT BREAK APART.**  |
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