|  |  |  |  |
| --- | --- | --- | --- |
| 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 | | |
| **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.** | | |
| A close up of a bird  Description automatically generated | Abundant Borders (SC049008)  web - abundantborders.org.uk & facebook.com/abundantborders  contact: robin@abundantborders.org.uk | |