



## MEAT (or fish) BALLS

### 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.**

