

## **Do Now**

**Wash hands, apron on, hair tied back.**

**Get mixing bowl out of cupboard, saucepan, measuring jug, wooden spoon ,  
tablespoon.**

## **Meatballs in Tomato sauce**

### **Meatballs**

500g minced meat – beef/pork/chicken

1 egg

2tablespoons grated parmesan cheese

1 teaspoon dried herbs

Box with lid to carry them home in.

### **Sauce**

1 teaspoon dried herbs

700g passata/chopped tomatoes

### **Meatballs**

Put all the meatball ingredients into a mixing bowl and using your hands mix together.

Using about a teaspoon of the mixture at a time roll into balls, keep the meatballs small.

### **Sauce**

Heat the chopped tomatoes/passata and 300ml of cold water to the pan along with the herbs.

Heat the sauce for about 10 minutes, until it simmers.

Add the meatballs to the sauce and allow to simmer – DO NOT STIR as the meatballs will break up.

Cook for about 20 minutes, until the meatballs turn brown.