**Meatballs in tomato sauce**

(working in pairs)

*Ingredients –*

* 1 medium-sized pack lean minced beef
* 1 tin chopped tomatoes
* 1 carton passata
* 1 onion
* 2 cloves garlic
* 1 egg
* Mixed herbs

*Method –*

1. Prepare yourself and your work area.
2. Peel the onion and then chop into small pieces.
3. Place the minced beef in a mixing bowl with the chopped onion, mixed herbs and the egg.
4. Mix thoroughly with a wooden spoon.
5. Form the mince mixture into small balls using hands.
6. Place the balls into the wok with a small amount of oil.
7. Start frying off the meatballs using a medium heat, avoid the temptation to move them around the pan too much.
8. Carefully turn the meatballs as they are cooking, so they are cooked all round.
9. When the meatballs are brown around the outside, add the tin of tomatoes and the carton of passata.
10. Leave the meatballs and sauce to continue cooking for another 15 minutes.

