



## Tomato and Meatballs

*Serves 4; Can be cooked and stored in fridge for up to 3 days*

### Ingredients

#### *Meatballs:*

400g lean pork mince  
Half brown onion, finely diced  
1 garlic clove, crushed  
1 small carrot, peeled and grated  
1 tsp dried oregano  
1 egg, beaten  
½ tsp salt  
½ tsp freshly ground pepper  
1 Tbsp vegetable or sunflower oil

#### *Cabbage and Rice:*

1 Tbsp vegetable or sunflower oil  
½ Napa or Japanese cabbage, washed and finely sliced  
2 garlic cloves, finely sliced  
250g cooked brown rice

#### *Tomato Sauce:*

1 Tbsp vegetable or sunflower oil  
Half brown onion, thinly sliced  
2 garlic cloves, finely minced  
400g tin of crushed tomatoes  
50g fresh tomatoes - skinned, deseeded and chopped  
1 tsp tomato puree  
½ tsp sugar  
½ tsp red wine vinegar  
½ tsp dried chilli flakes  
½ tsp salt  
1 tsp dried oregano  
200ml water

### Instructions

Transfer all ingredients for the meatballs into a large mixing bowl. Use your hands to combine well, squashing and kneading the mixture. Shape into 24 small balls and set aside.

Heat 1 tablespoon of oil in a large, wide bottomed frying pan over a medium heat.

Fry the meatballs gently for 4-5 minutes until they start to brown. Remove from the frying pan and set aside to cool.

Gather the ingredients for the tomato sauce.

Warm 1 tablespoon of oil in the same frying pan over a medium heat. Add the onion and saute for 3-4 minutes until softened. Add the minced garlic and stir fry for 1 minute. Add the tinned and fresh tomatoes and stir well to combine. Stir in the tomato puree, sugar, red wine vinegar, salt, dried chilli flakes, oregano and water. Bring the sauce to a simmer, cover with a lid and cook for 10 minutes.

Carefully transfer the meatballs to the sauce, nestling between the vegetables. Cover the frying pan and cook on a low heat for a further 10 minutes.

While the meatballs cook, gather the ingredients for the cabbage and rice.

Heat 1 tablespoon of oil in a large saucepan over a medium to high heat. Add the cabbage and stir fry for 4 minutes until the edges turn a golden brown. Add the sliced garlic and stir fry for 1 minute. Add 2 Tbsp of water, turn down the heat to the lowest setting and cover the saucepan. Cook for 2 minutes. Stir through the cooked rice, turn up the heat to medium and stir fry for 2 minutes.

Transfer the rice and cabbage into four serving bowls. Top with the meatballs and tomato sauce. Serve immediately.