

## Meatballs

You can just shape minced meat into meatballs but I made this mixture and really liked it. My normal approach is to fry off the meatballs in a 28cm skillet then make a classic Italian tomato sauce in the same pan before finishing the meatballs off in the sauce.

### Planning

serves:	2
prep time:	20 mins
cooking time:	45 mins

### Ingredients

400g low fat steak mince  
2 medium onions, chopped  
2 slices bread, crusts removed  
1 egg, beaten  
400g can chopped tomatoes  
2 cloves garlic, finely chopped  
1 tbs dried marjoram  
2 tbs brined capers (optional)  
olive oil  
Salt & pepper

### Method

Firstly, tear the bread slices into the bowl of a blitzer. Whizz the bread until you have fine breadcrumbs (this is by far the easiest way to make breadcrumbs). Tip the crumbs into a bowl and reserve.

Now put one of the chopped onions into the blitzer and pulse chop it a few times to make it finer (but not mush). Scrape the sides down and repeat.

Add the minced steak and pulse blend that into the finely chopped onions. Now add the breadcrumbs and pulse again until everything is well mixed.

Tip the mince mixture into a bowl and work in the beaten egg manually until it all feels evenly blended.

I like bite-sized meatballs so make about 2-2½cm balls of mixture by pinching some off and rolling it between the palms of your hand. Save them on a plate until all the mixture is used up.

When you're ready, heat a tablespoon of olive oil in a large skillet - they should all fit in a 28cm pan. Gently brown the meatballs all over, turning them around as they brown. Once browned, remove them with a slotted spoon and save them on a plate.

Add the remaining chopped onion to the oil in the skillet and soften it over moderate heat without browning. Stir in the chopped garlic and cook for another minute. Now tip in the canned chopped tomatoes together with a canful of water, stirring to mix. Stir in the marjoram, bring to a simmer and cook gently for 20 minutes or so. If the sauce reduces too much add a little more water.

Now return the meatballs to the pan and finish cooking them in the sauce for about 15 minutes, stirring them around occasionally.

If you fancy a little piquancy, stir in 2 tablespoons of brined capers with some of their liquid and cook for another couple of minutes to warm them through.

Adjust the seasoning and serve this over your favourite pasta or just with a green vegetable such as broccoli.