

POLPETTE IN TOMATO SAUCE

450g/1lb ground beef
1 onion finely chopped
2 cloves garlic finely chopped
½ cup fresh white bread crumbs
large bunch parsley chopped
1 teaspoon salt
freshly ground black pepper
1 egg, beaten

¼ cup mixed olive oil and rapeseed oil for frying

1 recipe homemade tomato sauce (in separate recipe)

METHOD

1. Place the beef, onion, garlic, bread crumbs, parsley, salt, pepper and egg in a bowl. Combine very lightly with a fork, being cautious not to overmix. Using your hands, lightly form the mixture into balls approximately the size of a small golf ball, but don't squeeze the mixture too tight or the meatballs will be tough.
2. Place the meatballs in the oil and brown them well on all sides. Remove from the pan.
3. Place the meatballs in the tomato sauce and simmer on for 25 to 30 minutes, until the meatballs are cooked through.
4. Serve with tagliatelle.

