



Veal and Chilli Meat Balls

Ingredients:

1lb Veal Mince
1 egg (beaten)
1 red and green chilli (your preference of type hot or mild) finely chopped/ deseeded
Bread crumbs
Sea salt (pinch)
Black pepper (pinch)

Sauce:

1 onion (finely chopped)
2 garlic cloves (finely chopped)
Plum tomatoes (canned are as good as any for this)
Pinch salt, pepper and sugar
Chilli/ bell peppers to your own liking
Red wine ½ glass

Method:

For the meat balls -

Mix all the ingredients together and add bread crumbs as required until the mixture is solid but slightly soft and not too sticky.

Roll in your hands to desired size and seal in a frying pan so they don't break up when baking.

For the sauce -

Sweat the onions and garlic in a little oil until transparent and add the other ingredients and simmer until rich and quite thick.

Cover the meat balls in a roasting/ baking dish with the sauce and cover bake in a moderate oven for about 1hr and serve.



An easy recipe providing a popular dish loved by all