

Spaghetti and Meatballs

- 2 ½ cups (500g) beef mince
- 1 egg
- 2 tbsp parmesan cheese grated
- 1 tsp minced garlic
- ½ brown onion chopped
- 1 tsp oregano
- 2 tbsp breadcrumbs
- Salt & pepper
- 1 jar of tomato pasta sauce
- 1 tin of chopped tomatoes
- 1 packet of spaghetti
- 1 tbsp Olive oil

1. Put all meatball ingredients in large bowl and combine well. Using your hands shape into small balls.
2. Heat olive oil in a frying pan and gently brown the outside of the meatballs.
3. Place pasta sauce and chopped tomatoes into a saucepan and add the meat balls. Cook on medium heat for 20 minutes. Add salt and pepper to taste.
4. While sauce and meatballs are cooking, cook your spaghetti.
5. Serve with grated parmesan cheese.

Our Lions love to eat meat!

