

## Sausage Meatballs in a Spicy Tomato Sauce

Well this recipe is a great one for the forthcoming cold nights; it's Sausage Meatballs in a Spicy Tomato Sauce with Boiled Rice. I love meatballs and usually make mine from scratch, you'll know this if you've read my take on Dean Edwards Thai Pork Meatball Curry or my take on another of Digger Dean's recipes my Lamb Kofta Curry (ok it's not a meatball in name but it is really lol)



### Ingredients

#### For the Meatballs

- 1 pack of sausages, skin removed
- 1-2 tsp dried Sage
- 3 pieces of bread
- 1 Onion
- ¼ tsp of Chilli Flakes,
- 1 and ½ tsp of Ground Coriander,
- 2 and ½ tsp of Mixed Dry Herbs

#### For the Sauce

- 2 Onions
- 1 tsp of Ground Cumin,
- 1 tsp of Smoked Paprika,
- 1 tsp of Mixed Ground Garlic,
- 1 Tin of Tomatoes
- 500ml water approx
- Tomato Purée
- 1 Tbs Balsamic Vinegar
- A few glugs of Worcestershire Sauce

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### Also Needed





- Knife
- Chopping Board
- Wooden Spoon
- Sauce Pan
- Oven Tray
- Small and Medium Saucepan
- Mug
- Kettle
- Salt and Pepper
- Olive Oil

\* butter (not pictured)

### Method:





1	Preheat the oven to 180 <sup>0</sup> Celsius.	
2	Quarter an onion and set aside for later	
3	Place the bread in the food processor and blitz, then add the sage and blitz again to make sure it's evenly spread out.	
4	Add the quartered onion to the breadcrumbs and blitz, you don't want a paste but you do want them to be fine.	

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<b>5</b>	Take the sausage meat out of their skins, place in a big bowl, then add the breadcrumbs, onion and sage mixture and mix thoroughly.	
<b>6</b>	Shape the mixture into golf ball shapes and place them on an oiled oven tray; you can put them in the fridge to firm up first.	
<b>7</b>	Take the balls out of the fridge and place in the oven. It is important to turn them regularly and take them out once they are golden brown. When they are ready take them out of the oven and set them aside covered in foil. You can allow them to cool down and then put them in the fridge.	
<b>8</b>	Gently sweat the onions in some olive oil and butter (not pictured). This sauce is going to be cooked low and slow so you.	



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<b>9</b>	Add the tomato purée and give that a stir through, it's important to add this early so you cook out the harshness of it, allow the ingredients to come together.	
<b>10</b>	Then add the spices and stir thoroughly. Remember to keep things moving to stop the spices catching.	
<b>11</b>	After some time, and the flavours have amalgamated add the tinned tomatoes, re-fill the tin with water twice and pour that in. Allow to reduce.	
<b>12</b>	Add the Balsamic Vinegar and Worcestershire Sauce and the meatballs and allow them to sit in the pan to re-heat.	

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Put two cups of rice and four cups of boiling water in a sauce pan with a large pinch of salt. Put on the heat and bring to the boil, once it's boiling I reduced the heat and covered it and left it for 10-15 minutes. Once that time was up I forked it through to get it nice and fluffy, how do you cook your rice?



You can either serve with the boiled rice as suggested above or with good old mashed potatoes... you choose.

