









Spicy Spanish Meatballs - Albondigas

<p>For the meatballs: 150g minced beef 1/4 chorizo sausage 1 egg 2 slices of bread as breadcrumbs 30g parsley 1 garlic clove 50g pasta per person</p>			
<p>Prepare yourself and your ingredients. Pre heat oven 200c</p>	<p>Skin and chop the 1/2 chorizo into small diced pieces, put into bowl.</p>	<p>Add 150g of minced beef, 1 egg and 60g breadcrumbs.</p>	<p>Grate or finely chop the garlic and add to the bowl.</p>
		<p>For the sauce: 1 onion 1 garlic clove 1 tin tomatoes 1 tsp mixed herbs 1 tsp tomato puree 1 stock pot</p>	
<p>Mix together. Use 1 heaped tsp mixture to roll into small bite sized balls.</p>	<p>Place onto baking tray and cook for 20 minutes at 200c</p>	<p>Now begin the sauce.</p>	<p>Dice the onion and grate the garlic. Fry on a low heat for 1 minute.</p>
			
<p>Add the tin of tomatoes and mixed herbs. Simmer gently for 10 minutes.</p>	<p>Add the tsp tomato puree and stock pot. Stir.</p>	<p>Simmer for a further 10 minutes or until sauce has thickened.</p>	<p>Serve the meatball in the sauce and garnish with chopped parsley.</p>