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Tomato & Garlic Meatballs



Ingredients

1kg lamb meat
1/4 cup breadcrumbs
2 eggs
1/4 cup seasoned flour
1/4 cup olive oil
1 large onion chopped
1 green pepper - cut into medium sized strips
2 large tomatoes - skinned and chopped
1 tbsp tomato paste
1 glass of dry red wine
5/8 cup chicken stock
2 tsp crushed garlic
1/2 teaspoon nutmeg
1 tbsp chopped parsley
Salt
Black pepper

Preparation

- 1 In a large bowl mix the lamb with the breadcrumbs and season well.
- 2 Add one tsp of the garlic (crushed), nutmeg and eggs.
- 3 Form the meat mix into small meatballs, and then roll in the breadcrumbs.
- 4 Heat the oil in a large pot, and cook the onion and green pepper until tender.
- 5 Add the meatballs and fry until browned on all sides. Make sure to stir the meatballs well at this point.
- 6 add the remaining garlic, tomatoes, tomato paste, wine and stock.
- 7 Then cover for around 40 minutes - allowing it to simmer.
- 8 Finally, season and stir in the parsley.
- 9 Add a little sugar if the sauce is too tangy and tart to taste.
- 10 Serve with crusty bread or pasta.

Cooks Note