



# Pork Meatballs In Tomato Sauce

## Serves 4

14 oz. (400g) lean pork mince  
1 clove garlic, minced  
1 yellow onion, chopped  
2 cups (480ml) passata  
¼ cup (15g) parsley leaf,  
chopped  
2 tbsp. olive oil  
salt & pepper

## What you need to do

1. Place the pork in a medium bowl, season with salt and pepper. Add in the garlic and use your hands to mix thoroughly. Using 1 tablespoon of mince, form meatballs, roughly the size of a walnut.
2. Heat 1 tablespoon of olive oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside.
3. In the same pan, heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Season with salt and pepper, bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with the parsley.



GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	320	23	10	20

\*Nutrition per serving