



## VITAL STATISTICS

### Preparation Time

20 minutes

### Cooking Time

30 minutes

### Serves

4

## INGREDIENTS

500g minced pork  
1 onion, finely chopped  
50g fresh white breadcrumbs  
1 tsp Bart Garlic in Sunflower Oil  
1 tsp Bart Oregano  
1 tsp Bart Ground Cumin  
½ tsp salt  
Bart Black Peppercorns  
1 small egg, beaten  
For the Tomato Sauce:  
1 tbsp oil  
1 onion, finely chopped  
1 tsp Bart Garlic in Sunflower Oil  
400g can chopped tomatoes  
2 tsp Bart Chilli in Sunflower Oil  
150ml beef stock  
Bart Parsley to garnish

## ALBONDIGAS



In a bowl, mix together the minced pork, onion, breadcrumbs, garlic, oregano, cumin, salt and pepper. Mix together thoroughly then stir in the beaten egg. On a floured surface, roll the mixture into walnut sized balls. Place on a plate and chill for 15 minutes.

To make the sauce, heat the oil in a pan, add the onion and cook for 10 minutes until soft. Add the garlic, tomatoes, chilli and stock and season with salt and pepper. Bring to the boil then simmer gently, stirring occasionally, while you cook the meatballs.

Heat the oil in a large frying pan and cook the meatballs in batches, for about 5-6 minutes, turning occasionally until browned.

Drain the meatballs on kitchen paper and transfer to a shallow casserole dish. Pour the sauce over and heat through in the oven at 180c/Gas 4 for 15-20 minutes until bubbling. Scatter over a little parsley and serve immediately with rice.