

Chilli Pork & Cashew Meatballs

(Serves 4, approx 20-25 meatballs)

Ingredients

Meatballs

750g pork mince
5g fresh sage (finely chopped)
35g cashew nuts (chopped)
50g Diced onion
20g Fresh chilli (finely chopped)
5g lemon zest
65g breadcrumbs
25g Dijon mustard
50ml oil
S + P

Sauce

2 tins Tomatoes – either chopped or whole peeled.
150g Bacon finely chopped
1 onion finely chopped
2 cloves garlic crushed
1Tbl Brown Sugar
1t dried ground cumin
1t dried oregano
50ml oil
S + P

Methodology

Meatballs

- 1, Place all meatballs ingredients into a bowl and combine well. Mould into golf ball sized meatballs.
- 2, In a large pan, heat oil and then seal off meatballs in batches until golden brown in colour. Remove final batch of meatballs from pan and set aside.

Sauce

- 1, Heat the oil in a heavy bottomed sauce pot and sweat off bacon, onion and garlic. Add the cumin and cook out for another minute. Stir in the oregano, brown sugar and tomatoes and bring to the boil. Turn down the heat and slowly cook out for about 20 minutes. Season to taste.

In an oven proof dish place browned meatballs and cover with sauce. Cook uncovered on 170deg for approx 20mins.

To Serve

These meatballs are great topped with some crumbled feta or shaved Parmesan cheese. They go great with rice, pasta (especially spaghetti) and crusty bread.