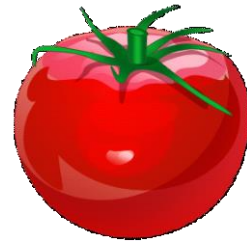


Meatballs



350g mince

8 cream crackers

Handful of fresh rosemary

1 heaped tsp mustard

1 large egg

Seasoning

*Quantity of Basic Tomato Sauce

1. Remove green leaves from rosemary. Finely chop with scissors.
2. Place crackers in polythene bag and scrunch into fine pieces.
3. Place mince, crackers, rosemary, egg, mustard and seasoning into a bowl and mix together well.
4. With wet hands, take a small spoonful of mixture at a time and roll together to form a meatball the size of a large walnut.
5. Drizzle the meatballs with a small amount of oil - shake them about on the tray to roughly coat each one.
6. Cover and refrigerate until needed.
7. Cook the meatballs under a hot grill until golden brown all over.
8. Add meatballs to the cooked tomato sauce