



Meatballs with tomato sauce

20'

Hands on

25'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

For the meatballs

- 500 g ground pork
- 1 onion
- 1 garlic clove
- 100 g bread
- 1 egg
- 1 tablespoon thyme
- ½ bunch mint
- salt
- pepper
- 2 tablespoons olive oil
- flour for breading
- 500 ml sunflower oil, for frying

For the sauce

- 2 tablespoons olive oil
- 1 onion
- 1 garlic clove
- a pinch of sugar
- salt
- pepper
- 1 teaspoon oregano
- ½ teaspoon cumin
- 1 cinnamon stick
- 1 tablespoon tomato paste
- 400 g tomatoes, grated
- 400 g water

To serve

- [French fries](#)
- 1 teaspoon oregano
- 1 teaspoon olive oil
- feta cheese

Method

For the meatballs

- Place the ground pork in a [bowl](#).
- Grate the onion onto a kitchen towel, using a [grater](#). Squeeze very well to remove the juices and place it in the bowl.
- Grate the garlic as well and put it in the bowl.
- Add the bread finely cut, the egg, the thyme and the mint, all finely chopped, salt, pepper, olive oil and shape the mixture well with our hands. It would be good to place the mixture in the refrigerator for 2-3 hours in order for the ingredients to thicken.
- Place a [deep pan](#) with sunflower oil over high heat.
- Shape in small meatballs (20 g) and dredge them in flour so that their whole surface is covered.
- Fry in batches for 7-8 minutes. Remove and place in absorbent paper.

For the sauce

- Place a wok over high heat and add 2 tablespoons olive oil.
- Finely chop the onion, garlic and put them in the wok. Add sugar, salt, pepper, oregano, cumin, cinnamon, tomato paste and sauté.
- Then, put in the grated tomatoes, the water and mix.
- Add the meatballs, cover with a lid, lower heat to medium and simmer for 10 minutes.
- Serve with [French fries](#), feta cheese, oregano and olive oil.

Διατροφικός πίνακας

Nutrition information per portion

379 Calories (kcal)	18.0 Total Fat (g)	4.6 Saturated Fat (g)	28.0 Total Carbs (g)
19%	26%	23%	11%

8.9 Sugars (g)	23.0 Protein (g)	4.0 Fibre (g)	0.73 Sodium (g)
10%	46%	16%	12%