

Meatballs with Hidden Vegetables

Why make it.... Tasty, healthy and fun to make. We make this fantastic BBC recipe with our young chefs who come to 'Kids Can Cook'. They love squishing and rolling the mixture.



Ingredients

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| Meat balls | <ul style="list-style-type: none">• 300g good quality pork sausages• 500g lean beef mince• 1 small onion, grated• 1 carrot, grated• 1 tbsp dried oregano• 50g parmesan – or any cheese you have in your fridge (finely grated) plus extra for serving |
| Tomato sauce | <ul style="list-style-type: none">• 1 tbsp olive oil• 1 courgette (grated)• 3 cloves garlic (crushed)• 1 tbsp tomato puree• Pinch caster sugar• 2x 400g tins of chopped tomatoes |
| Spaghetti | <ul style="list-style-type: none">• Cooked spaghetti to serve |

Method

Young Chefs:

1. Squeeze the sausage meat out of the sausage skins into a large bowl and add the mince.
2. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.
3. Roll the meatball mix into walnut-sized balls and place them on a plate.

Adult Chefs:

4. While the meatballs are being rolled make the sauce. Heat the oil in a large saucepan. If your child is confident with heat (perhaps from 7 years onwards) they could cook the sauce in stages 5-8 with your supervision.
5. Add the courgette and garlic and cook for 5 minutes until soft and mushy.
6. Stir in the tomato puree and sugar and leave for 1 minute then tip in the tomatoes and simmer for 5 minutes.
7. If your children like courgettes then you can leave the sauce chunky. But if they don't then mix the sauce with a hand blender.
8. Continue to simmer sauce gently while you cook the meatballs.
9. Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce.
10. Continue to simmer the sauce for 15 minutes, stirring very gently until the meatballs are cooked through.
11. Serve with cooked spaghetti, extra grated Parmesan.

Enjoy!