# SPANISH MEATBALLS

## with smoky tomato sauce + couscous

CRUNCH

### Ingredients for 2 portions

You'll need: chopping board, garlic crusher, knife, frying pan, small saucepan, large spoon, spatula or tongs

**For the meatballs:**

125 g beef mince
125g pork mince } (or 250g beef mince)
2 cloves garlic, peeled and crushed
½ onion, peeled and finely chopped
handful parsley, chopped
Pinch nutmeg + smoked paprika
½ tsp thyme or oregano
½ egg or 1 small egg, beaten
handful of breadcrumbs (optional)
Salt and pepper to season

**To cook the meatballs:**

2 tbsp olive oil

**For the sauce:**

1 clove garlic, peeled and crushed
100g tomato passata
1 tbsp olive oil
1 tbsp tomato puree
½ tsp smoked paprika
pinch salt, black pepper + cayenne pepper
½ tsp dried thyme or oregano
Pinch soft brown sugar

**For the couscous:**

125g couscous, ½ tsp salt, 1 tsp olive oil

### Prepare The Ingredients First. Then Follow Steps 1 to 8.

**Step 1**

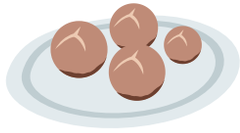
In a bowl, mix together all the meatball ingredients. Use your hands to combine everything and make sure it is well mixed.

**Step 2**

Using your hands, roll the mixture into little balls the size of a walnut (about 3cm in diameter).

**Step 3**

Put the meatballs onto a plate and set aside while you make the sauce.



**Step 4**

To make the sauce, place all the sauce ingredients a saucepan.

**Step 5**

Stir to combine and bring to the boil. Let it bubble for 1 minute.

**Step 6**

Turn down the heat, cover with a lid, and simmer gently for 15 -20 minutes, stirring frequently.

**Step 7**

Spoon the olive oil into a frying pan. Place over a medium heat and fry the meatballs for 8-10 minutes, until they are brown all over. You need to turn them frequently with a spatula or tongs, so they don't burn

**Step 8**

Spoon the meatballs into the tomato sauce and cook for a further 2 minutes.

**Step 9**

To make the couscous, pour into a bowl with the salt and the olive oil. Pour over 150ml boiling water, then stir the couscous. Cover with a tea towel and leave for 5 minutes. Remove the tea towel and fluff up with a fork.