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**INGREDIENTS**

**Makes about 20-25 meatballs depending on size so you can adjust accordingly**

**½ kg beef mince (lean/no fat)**

**1 tbsp. breadcrumbs**

**salt/pepper**

**2 tbsp. chopped coriander**

**1-2 chopped green chilies**

**a pinch of chili powder or some red chili flakes**

**a dash of lemon juice (too much lemon will make the meatballs hard)**

**½ tsp. turmeric**

**1 tsp. garlic paste**

**½ tsp. ginger paste**

**1 tsp. grinded cumin powder**

**1 tsp. garam masala**

**1 tbsp. yoghurt**

**Mix all the meatball ingredients together, cover and refrigerate for at least 2 hours.**

**Sauce for the meatballs**

**INGREDIENTS**

**8 fresh tomatoes (blended with skin)**

**4 grated onions**

**1 tbsp. tomato paste**

**1 tbsp. sugar (to cut down the acidity of tomatoes)**

**bunch of coriander**

**½ tsp. ginger+garlic paste**

**some oil**

**salt**

**cumin powder or any spices of choice**

**INSTRUCTIONS**

**Heat the oil, sauté the onions until nice and golden, add the ginger+garlic paste, followed by the tomato paste. Stir and add the spices, then add the blended tomatoes (I blend them with 2-3 green chilies and some coriander sticks) and the sugar+salt. Cook the sauce until it thickens, adding a bit of water when it gets too thick. Once ready, taste and adjust salt.**

**Start shaping the meatballs. Make sure you DONT OVER-SHAPE THEM. Do not keep pressing them to make the perfect ball, this normally hardens them. Keep your hand light and shape gently, placing on a plate…and then start plopping them one by one into the simmering sauce. Do not stir immediately, give them 2 minutes then using a small spoon turn each meatball over one by one and cooking them for another 3 minutes so the other side may get done.**

**I normally do this in batches, removing the cooked meatballs from the sauce onto a plate when I’m about to do the next batch so the first batch doesn’t get over-cooked…keep going until all are done.**

**Then slowly plop all the cooked meatballs back into the sauce and give them a good gentle simmer on low heat for about 10-15mins. Try to mix them by swirling the cooking vessel instead of stirring with a spoon to avoid breaking the meatballs. Adjust salt/chili. Garnish with chopped coriander and you can squeeze a bit of extra lemon if you like and a light sprinkle of garam masala. Turn off the heat and serve hot!**