Spaghetti & meatballs

Method

1. First make the meatballs. Split the sausage skins and squeeze out the meat into your largest mixing bowl. Add the mince, onion, parsley, Parmesan, breadcrumbs, beaten eggs and lots of seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be.

2. Heat oven to 220C/200C fan/gas 7. Roll the mince mixture into about 50 golf-ball-size meatballs. Set aside any meatballs for freezing, allowing about 5 per portion, then spread the rest out in a large roasting tin – the meatballs will brown better if spaced out a bit. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then roast for 20-30 mins until browned.

3. Meanwhile, make the sauce. Heat the oil in your largest pan. Add the garlic and sizzle for 1 min. Stir in the tomatoes, wine, if using, sugar, parsley and seasoning. Simmer for 15-20 mins until

Ingredients

8 good-quality pork sausages

1kg beef mince

1 onion, finely chopped

½ a large bunch flat-leaf parsley, finely chopped

85g Parmesan, grated, plus extra to serve if you like

100g fresh breadcrumbs

2 eggs, beaten with a fork

olive oil, for roasting

spaghetti, to serve (you'll need about 100g per portion)

For the sauce

3 tbsp olive oil

4 garlic cloves, crushed

4 x 400g cans chopped tomato

125ml red wine (optional)

3 tbsp caster sugar

slightly thickened. Stir in the basil leaves, if using, spoon out any portions for freezing, then add the cooked meatballs to the pan to keep warm while you boil the spaghetti. Spoon the sauce and meatballs over spaghetti, or stir them all together and serve with extra Parmesan and a few basil leaves, if you like.

½ a large bunch flat-leaf parsley, finely chopped

few basil leaves (optional)