



# Baked Italian Meatballs in a Tomato and Red Wine Sauce

*These meatballs are really easy to make and are a winner. The subtle herbs, spices and red wine make these quite sophisticated. The fact that they are baked in a little olive oil instead of fried, simplifies this recipe and makes it healthier. For a Greek version, use lamb mince and replace the tomato paste with a small jar of green olive tapenade.*

*These meatballs can be made in advance and baked. You can then add the sauce and put them in the fridge or freezer till needed. Twenty minutes before you are ready to eat, pop them into a preheated oven to reheat and cook the sauce. Serve with basmati rice or fresh pasta and a side salad.*

## Ingredients

- Olive oil
- 2 cloves garlic, crushed
- 500g minced lamb
- 1 small tin tomato paste
- Juice of ½ a lemon (30 ml)
- 1x 400g Tomato and Chilli Pasta sauce/Arrabiata sauce
- 1 onion, quartered
- 1 small bunch mint/basil leaves
- 1t cinnamon
- Salt and pepper
- 120ml red wine

## Method

- Set oven to 200C and place a baking tray with olive oil in to heat.
- In a food processor, chop onion, garlic and mint/basil together.
- In a mixing bowl, combine the rest of the ingredients and add onion and mint mixture [except sauce and wine].
- Mix together thoroughly and roll into small balls.
- Add the meatballs to the heated baking tray and roll in oil and return to oven for 20-25 minutes.
- Mix the wine and the sauce together. Transfer meatballs to a baking dish. Pour over sauce.
- Reduce oven temperature to 180C. Bake for a further 15 -20 minutes.
- Serve with rice or pasta and a green salad.