

Fortified Meatballs with Tagliatelle

I found this recipe in a shared book area at my yoga class. I don't eat beef that often but really wanted to try fortified mince as I know it's really good for you. I've always loved meatballs so thought this was the perfect way to try it out. The addition of liver gives the meat an extra soft texture and depth of flavour.

- Chris, Whitchurch



Serves: 4

Ingredients:

Meatballs

500g fortified mince
60g soft breadcrumbs
1 garlic clove, crushed
2 tbsp chopped fresh parsley
1 tsp dried oregano
Large pinch of freshly grated nutmeg
1/4 tsp ground coriander
60g Parmesan grated
2-3 tbsp milk
4 tbsp olive oil
400g tagliatelle
25g butter, diced

Sauce:

3 tbsp olive oil
2 large onions, sliced
2 celery sticks, sliced thinly
2 garlic cloves, chopped
400g can chopped tomatoes
125g bottled sun-dried tomatoes, drained and chopped
2 tbsp tomato paste
1 tbsp dark muscovado sugar
150 ml white wine or water



Cooking Instructions:

- 1 To make the sauce, heat the oil in a frying pan and fry the onions and celery until translucent. Add the garlic and cook for 1 minute. Stir in the tomatoes, chopped sun-dried tomatoes, tomato paste, sugar and wine, and season. Bring to the boil and simmer for 10 minutes.
- 2 Meanwhile break up the meat in a bowl with a wooden spoon. Stir in the breadcrumbs, garlic, herbs and spices. Stir in the cheese and enough milk to make a firm paste. Take large spoonfulls of the mixture and shape it into 12 balls. Heat 3 tbsp of the oil in a frying pan and fry the meatballs for 5-6 minutes until browned, turning fairly regularly to brown different sides.
- 3 Pour the tomato sauce over the meatballs. Lower the heat, cover the pan and simmer for 30 minutes, turning once or twice. Add a little extra water if the sauce begins to dry.
- 4 Cook the pasta in a large saucepan of boiling salted water, adding the remaining oil, until tender. Drain the pasta, then turn into a warmed serving dish, dot with the butter and toss with two forks. Spoon the meatballs and sauce over the pasta and serve.

I served this dish with extra parmesan, a side salad and garlic bread.

