

Spanish Albondigas

(Free on Farm Day (R))

800g extra lean minced pork
3 garlic cloves, crushed
1 large egg yolk (or 2 small egg yolks)
1 tsp cumin, 1 tsp ground coriander
1 tsp ground nutmeg,
1 tsp ground Cinnamon
Salt & Freshly ground black pepper

For the Sauce

Fry Light Cooking Spray
1 onion, finely chopped
1 garlic clove, crushed
2 x 400g chopped tomatoes
1/4 tsp artificial sweetener
1 tsp sweet smoked paprika
Salt & freshly ground black pepper
A large handful of fresh flat leaf
parsley, finely chopped

Put the mince, garlic, egg yolk and spices in a bowl and, using your fingers, mix until well combined. Season. Cover and chill in fridge for 1-2 hours.

For the Sauce—Spray a large pan with fry light and add the onion and garlic. Cook over a medium heat for 5-6 mins.

Add the tomatoes, sweetener & paprika and bring to the boil. Reduce the heat to low, cover and simmer gently for 12-15 mins, stirring occasionally.

For the meatballs, make small balls from the mince mixture (approx 5-6 per serving). Add the meatballs to the sauce in a single layer and stir very gently. Continue to cook over a gentle heat for 12-15 mins or until the meatballs are cooked through and the sauce thickened. Remove from the heat and season.

Scatter with chopped parsley.