



# WILDchild Recipes



## African Meatballs

A COMFORT FOOD FAVOURITE

### INGREDIENTS

- 1 kg (2.2 lbs) beef mince (ground beef)
- ½ tsp ground cinnamon
- 1 cup grated onion
- 1 Tbsp chopped fresh oreganum  
or 1 tsp dried
- 1 egg
- 1 Tbsp finely chopped garlic
- 10 cups homemade tomato pasta sauce
- salt and pepper, to taste

### METHOD

- Mix all ingredients together. Shape into small meatballs.
- When rolling them, run hands under cold water every now and again as this will help make them dense and hold their shape better.
- Refrigerate until needed or freeze and defrost in fridge as needed.
- Fry meatballs in a bit of olive oil in a frying pan.
- Add to homemade tomato pasta sauce and allow to cook through.
- Cook pasta and serve meatballs with grated parmesan and mozzarella on the side.

