

LOCAL PORK SAUSAGE 'CHEAT' MEATBALLS WITH HOMEMADE TOMATO SAUCE

This easy recipe is perfect for a midweek supper or for a weekend dinner. Use your favourite local pork sausages → All ingredients are available at Johns.

Ingredients - Serves 4

450g local pork sausages	2 bay leaves
2 tbsp olive oil	Salt & freshly ground black pepper
6 spring onions, roughly chopped	Fresh parsley, finely chopped
1 tsp dried oregano	Fresh parmesan for sprinkling (optional)
4 tbsp red wine	240g dried spaghetti
2 x 400g cans chopped tomatoes	Extra treat - Garlic bread!

Cooking instructions

- Slit the ends of the sausage skins and squeeze out the meat. Roll into ping-pong sized meatballs (approx. 24).
- Heat the oil in a large or flameproof casserole & add the meatballs, frying them in batches until golden-brown and becoming firmer. Put all the meatballs back in the pan.
- Add the spring onion & oregano & stir gently for a couple of minutes.
- Add the wine & chopped tomatoes, then fill half of one of the empty tomato cans with cold water & tip it into the pan
- Add the bay leaves & let the pan come to a fast simmer. Cook like this, uncovered, for 20 minutes, or until the sauce has thickened slightly & the meatballs are cooked through.
- Taste the sauce & season with salt & freshly ground black pepper. Discard the bay leaves.
- Cook the spaghetti for 8-9 minutes in a large pan $\frac{3}{4}$ full of salted boiling water until al dente (cooked enough to be firm but not sticking to your teeth)
- Toss the spaghetti with the meatballs and sauce. Serve with the parsley and freshly grated parmesan sprinkled on top. Enjoy!