

The **COOK'S** Choice

## Beef and Bramley Meatballs

 **Preparation time:** 10 minutes

 **Cooking time:** 15 minutes

 **Serves:** 4

### **Ingredients**

#### **Beef and Bramley Meatballs**

These meatballs have a deliciously 'appley' flavour – and what a great way to disguise fruit! This hearty feast hits the spot every time.

450g/1lb (approx 3) Bramley cooking apples, peeled, cored and quartered

500g/1lb 2oz lean beef mince

75g/3oz fresh breadcrumbs

2 tsp dried sage

1 egg yolk, beaten

2 tbsp olive oil

700g/1lb 8oz bottle passata, with onion & garlic

1. Coarsely grate the Bramley apple and place half in a large bowl. Add the mince, breadcrumbs, sage, egg and plenty of seasoning. Use clean hands to mix the mixture together.

2. Divide into about 32 pieces and roll into small balls.

3. Heat the oil in a large non-stick frying pan, add the meatballs and fry over a high heat for six to eight minutes, stirring occasionally until golden brown on all sides.

4. Add the remaining grated Bramley to the pan and stir well. Add the passata and season to taste. Cover and simmer for five to seven minutes or until the sauce is thickened. Serve with freshly cooked pasta.

