

# Soutzoukakia (Greek Meatballs)



# Ingredients list

## For the meatballs:

Ground Meat (Beef & Pork) – 225 grams of ground beef or pork

White Bread – 60g

Olive Oil – 3 tbsp extra-virgin olive oil

Egg – 1 egg

Garlic – 2 garlic cloves

Cumin – 1 tsp ground cumin

Parsley – 2 tbsp

Flour – 30g plain

Tin foil

## For the tomato sauce:

Tomatoes – one can of diced tomatoes

Tomato Paste – 1 tbsp tomato paste

Red Onion – 1 medium red onion

Beef Stock – 1 cup beef stock

Garlic – 2 garlic cloves

Cumin – 1 tsp

Smoked Paprika -1tsp

Sugar – 1 tsp white granulated sugar

Olive Oil – 3 tbsp olive oil

Salt and pepper to season (We provide)

# Equipment list

- Sharp knife
- Chopping board
- Saucepan
- Baking tray covered in tin foil
- Plastic spoon
- Tablespoon
- Glass mixing bowl
- Small plastic bits bowl

# Method

1. Preheat the oven to 180°C or gas mark 5.
2. Dice the onion and crush the garlic.
3. In a large bowl, add mince, **half** the onion, **half** of the crushed garlic, 1 tbsp parsley, egg, breadcrumbs, 2 teaspoons cumin, flour, 1 teaspoon of salt. Mix to combine.
4. Cover a baking tray with tin foil (optional but makes the clean-up easier!)
5. Portion the mince into golf ball sized meatballs.
6. On a baking tray lined with foil cook the meatballs for 15 minutes.
7. While the meatballs are cooking, start making the sauce.



# Method

8. In a saucepan, cook the left-over onion and garlic in olive oil for about 5 minutes, until the onions become translucent. Stir often. Make sure not to burn the garlic.
9. Add in tomato paste, 1 tsp of cumin and smoked paprika. Cook for another 5 minutes, stirring constantly.
10. Crumble in one beef stock cube, 1sp sugar and 1 whole tin of tomatoes. Thoroughly combine. Cover and simmer the sauce for 10 minutes.
11. Add the cooked meatballs to the sauce. Submerge in the sauce as much as possible. Cover and simmer for 30 minutes.
12. Serve alone, with crusty bread, or over rice or mashed potatoes as a main course.

