

View from the Fridge – Recipes from Brian Donkin

**Recipe # 129 – Spicy Meat Balls with Mushroom, Tomato and Thyme Sauce**

*Preparation time: 15 mins – Cooking time: 15 mins*

**Ingredients for Meat Balls**

300gms lean, ground beef  
1 egg  
50gms fresh, grated bread crumbs  
1 Onion diced and fried in butter until tender  
Salt and pepper

**Ingredients for Sauce**

50gms butter  
50gms mushrooms sliced  
½ tspn thyme  
1 wine glass tomato concasse (see [www.leithlinks.co.uk/view](http://www.leithlinks.co.uk/view) for recipe)

**Method for Meat Balls**

1. Place all Meat Ball ingredients in bowl and beat together
2. Using your hands make four round balls – keep a bowl of warm water nearby so you can wash your hands between making each ball in order that the mixture does not stick to your fingers
3. Place on an oiled baking tray in hot (200 degrees) oven and cook for 10 mins (Make sauce – see below – while the meat balls are cooking)
4. Remove from oven and place to one side

**Method for Sauce**

1. Place the butter, mushrooms and thyme in a saucepan
2. Cook until the mushrooms are soft and add the tomato concasse
3. Bring to the boil and spoon over the meat balls

*Serves 2 (see next page for picture)*

