



Spicy meatballs

2 garlic cloves
2 onions
7oz closed cup mushrooms
2x400g cans of chopped tomatoes
1lb 2oz extra lean minced beef
1 egg yolk
a pinch of chilli powder
olive oil
a dash of soy sauce
1 beef stock cube

Crush the garlic, chop the onions and slice the mushrooms. Place in a pan with the chopped tomatoes, bring to boil, reduce the heat, cover and simmer for about 20 minutes, or until the onion and mushrooms are tender. Meanwhile, place the minced beef, egg yolk and chilli powder in a bowl and mix. Shape in to small balls and cook for about 5 mins, until browned all over. Add the meatballs to the sauce along with the soy sauce. Crumble the stock cube in, stir to combine and simmer for a further 20 mins before serving.

Serve with a choice of sweet potato chips, steamed cabbage, vegetables or a portion of wholemeal pasta (if you are including pasta within your diet).

A portion = a dry cup full, not a plate full!