**Italian Meatballs, with chunky tomato sauce**

Serves 4,

For meat balls

* 500g lean mince pork
* ½ medium onion finely chopped
* 1 medium carrot peeled and grated.
* 2 cloves garlic peeled and crushed
* 1tsp dried oregano
* Salt and pepper

For sauce

* Splash olive oil
* ½ medium onion finely chopped
* 2 tps dried basil
* ¼ tsp. dried chilli flakes (add a little more if you like it spicy)
* 1 garlic clove peeled and crushed
* 1 veggie stock cube
* 400g can chopped tomatoes
* 300ml cold water

1. Make the meatballs first, In a large bowl add mince, carrot, garlic, onion oregano and salt and pepper With clean hand mix until everything is well combined. Form into 24 small balls (walnut sized)
2. In a large non-stick pan dry fry the meatballs over a medium heat until lightly browned Transfer to a plate.
3. In a medium non-stick pan dry fry onion and soften (add a tps if water to aid) after about 4 mins add garlic chilli flakes and basil. Tip in tomatoes, water, cook for 5 mins stirring occasionally
4. Add the browned meatballs , cover loosely with lid and leave to simmer for 20mins
5. After 20mins remove lid and allow to simmer gently for a further 10/15 mins or until sauce is thick, stir often and add a little water is sauce becomes too thick.
6. Serve hot with a portion of pasta of your choice