



It's not a recipe as such today, more along the lines of assembly instructions.

We like a Pasta Bake once in a while. We like hand pressed Meatballs. So what could possibly go wrong? I mean it's not like Mackerel Ice-cream?. The 20% fat Minced Beef was on offer at £1.60 for 500g and the slightly higher fat content than we would generally use meant that the Meatballs were moist and tender.

So Assembly Instructions:-

- (1) Grate lots of Cheese and set aside.
- (2) Mix whatever Herbs you fancy with your mince and form into balls. It's a while since we had this meal, but there will certainly have been grated Garlic (Probably our Lacto-Fermented version) and mixed Herb, Salt and Pepper in there somewhere.
- (3) In salted water boil some Pasta (Gluten free in our case) and once tender drain and set aside.
- (4) Make a Tomato based sauce. A tin of chopped Tomatoes, Tomato Puree, Salt, Pepper, Herbs etc. and simmer to reduce.
- (5) Fry the Meatballs on all side to brown and then reduce the heat and turn for 20 minutes or so.
- (6) Heat the oven to 180c.
- (7) Add the Pasta to an oven proof dish.
- (8) Artistically place the Meatballs at regular interval on the Pasta. Or just bob them in. It really isn't supposed to be a pretty dish!
- (9) Pour the Tomato sauce over the Meatballs.
- (10) Add plenty of grated Cheese and place in the oven for 20 minutes.
- (11) Pop to finished product under the grill for 5 minutes to brown the melted Cheese.