**Cheese meatballs with tomato and herb sauce**

**Ingredients**

**Meatballs Sauce**

50 g breadcrumbs 175 g chopped fresh tomatoes

½ egg 1 X 7.5 ml spoon chopped onion

25 ml milk 1 X 7.5 ml spoon chopped green pepper

pinch pepper ½ small clove garlic – crushed

100 g British minced beef 1 X 2.5 ml spoon cornflour

½ onion – chopped 1 X 2.5 ml spoon sugar

50 g cheese – grated pinch oregano

1 sheet noodles 1 X 2.5 ml spoon fresh parsley

**Method**

1. Combine the breadcrumbs, egg, milk, pepper and cheese. Mix well. Leave to stand for 5 minutes. Put pan of water on to boil for the noodles.

2. Combine all the sauce ingredients, except the parsley, in a small pan.

3. Cook over a medium heat, stirring constantly until the mixture boils and thickens.

4. Reduce the heat and cook for about 5 minutes, stirring frequently.

5. Stir in chopped onions and parsley.

6. Add the mince to the breadcrumb mixture. Mix well. Cook the noodles.

7. Divide the mixture into even sized meatballs and fry until sealed.

8. Place the meatballs into the sauce and simmer until thoroughly cooked. Drain the noodles.

9. Serve the meatballs on top of the noodles.