

Meatballs

250gm Minced Steak
½ onion finely chopped
1 egg
1 Garlic
2 tsp Thyme (Fresh)
50gm Flour
salt and pepper



Mixing Bowl
Baking Tray



preheat the oven to 220 degrees c
or gas mark 7

mix all the ingredients together in a large mixing bowl

divide the mixture up into 8 to 10 pieces and roll into balls using the flour on your hands if they become sticky

Place on an oven tray, well greased and cook for 10 to 12 minutes

Serve with fresh pasta and fresh tomato