



Turkey meatballs in tomato

NIBBLEDISH CONTRIBUTOR

Ingredients

For the meatballs:

450 g minced turkey meat
1 small onion-chopped
1 clove garlic-chopped
1 tbsp freshly chopped coriander
1 tsp cumin
pepper

For the sauce:

1 onion-chopped
1 clove garlic-chopped
1/4 pt turkey stock
400g canned tomatoes
1/2 tsp cumin
1/2 tsp cinnamon
pinch cayenne pepper

freshly chopped parsley for garnish

Instructions

1. Preheat oven to 190 C .
 2. Mix all the meatballs ingredients and shape into a size of a walnut. cover and chill while making the sauce.
 3. Simmer 5 tbsp of stock with onion and garlic until almost dry and onion is soft.
-

4. Add the rest of the stock with the tomatoes , cumin, cinnamon and cayenne pepper. Let simmer till thicken. Stir in the parsley and season to taste.

5 Pour into a casserole dish .

6. Heat 2 tbsp oil and brown meatballs. Drain well.

7.Place meatballs over the tomato sauce and bake in the preheated oven for 30 mins.

8 Serve with rice or couscous.