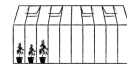


# Sweet and Sour Meatballs



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AWAKINO STATION

This is like a meatball version of my mighty meatloaf. The sauce is what makes this dish a crowd favourite. The tartness of the vinegar with the sweet jam will make even the fussiest of eaters go back for seconds. The original recipe called for plum jam but I've also used feijoa and gooseberry jam with great success.

## Ingredients:

### For the meatballs:

- 1kg beef mince
- 1 onion, finely diced
- 1 tsp curry powder
- 1 egg

### For the sauce:

- 3 tbsp jam
- 3/4 cup brown sugar
- 3/4 cup tomato sauce
- 1/2 cup water
- 1 tbsp Worcestershire sauce
- 1 tbsp white vinegar or apple cider vinegar

## Method:

1. Preheat your oven to 180°C.
2. Mix all the meatball ingredients, shape into balls and place into a large baking dish.
3. Bake the meatballs for 30 minutes, then remove from the oven and drain off the fat.
4. Meanwhile, combine all the sauce ingredients into a jug.
5. Pour over the meatballs and return to the oven for another 30 minutes, or until the sauce is thick and bubbling and the meatballs have browned nicely.
6. Serve over mashed potato, pasta, rice or couscous. Slice open a baguette and have a meatball sub. Or double the recipe and freeze half for a future meal.