



## Peppered Meatballs With Linguine

### Ingredients

500g lean mince beef  
1 medium onion, finely chopped  
200g minced lean pork  
100g bread crumbs  
2 teaspoon paprika pepper  
2 tablespoons freshly chopped parsley  
1 teaspoon ground allspice  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 small egg, beaten  
1 packet of linguine

### Sauce Ingredients

1 tablespoon vegetable oil  
1 small onion, finely chopped  
2 cloves garlic, crushed  
1 capsicum, seeded and chopped  
400g can tomatoes, chopped  
2 bay leaves, dried  
2 tablespoons fresh chopped parsley  
salt  
freshly ground black pepper  
1 tablespoons vegetable oil  
25g butter

### Directions

Place all the ingredients for the meatballs into a mixing bowl and mix thoroughly.

Transfer onto a well floured surface and divide into 30 pieces.

Form into balls and stand on a baking tray.

Cover and refrigerate for 1 - 2 hours before frying.

Heat a little oil in a Le Creuset 26cm Round French Oven, fry the meatballs in batches until all are evenly browned.

Transfer to a plate.

Add a little more oil to the French Oven if necessary, fry the onion, garlic and red capsicum gently until all begin to soften.

Add the tomatoes, bay leaves and season to taste.

Return the meatballs to the sauce, cover and simmer for 15 - 20 minutes.

Cook Linguine as per the packet instructions.

A suitable wine to serve with this dish should be full bodied.

Serves 6