

# Spanish Meatballs (Albondigas)

**500g Fresh Minced Beef, Turkey or Pork**

**Salt and pepper to season**

**1tsp Smoked Paprika**

**2tbs Dried Grated Hard Cheese (parmesan)**

## **For the sauce:**

**1 Red Peppers Sliced**

**1 Red Onions (Leave whole)**

**1tbs Olive Oil**

**1 small tin Chopped Tomatoes**

**1 clove Fresh Garlic Peeled**

**1tsp Dried Oregano**

**1tsp Smoked Paprika**

**1 Star Anise (optional)**

**2tbs Bunch Fresh Parsley Chopped**

**200g Rigatoni Pasta (Tubes) Cooked, refreshed in cold water and drained well.**

## Method

1. Season the beef with salt, pepper, dried cheese and 1tsp smoked paprika. This mix is best left to marinade for 1 hour.
2. Roll the mixture into 12 equal size balls. Cook the meat balls and garlic in a deep non-stick frying pan with a little oil until brown. Be careful not to break the meatballs. Add a little water, place the lid on the pan and steam for 2 minutes.
3. **For the sauce.** In the same pan with the meatballs add the sliced red onions until soft, add the sliced red pepper and cook for a further 2 minutes. Now add the dried oregano, 1tsp smoked paprika, 1 star anise (optional) and stir in the chopped tinned tomatoes and simmer for 2 minutes.
4. Add the chopped parsley. And stir in the cooked pasta.
5. Serve and enjoy a taste of Spanish cuisine.