

Meatballs with Fried Tomato and Croutons

Serves 2

Sailor's meatballs with juicy, tart tomatoes make for a great lunch or supper, and are a great way of using up leftover bread. Use good quality bread, like our wholemeal or multigrain bread, for the best results. This recipe can also be made with your favourite sausage in place of the meatballs; just remove casings, fry the sausage meat until cooked and slightly browned, and add to the dish in step 5.

Ingredients

½ cup canola or corn oil
3 thick slices bread, crusts removed and cut into cubes
1 red onion, peeled and sliced into fine rings
Pinch of salt
1 finely chopped clove of garlic
3 ripe but firm medium to large tomatoes weighing about 350-400gm, sliced into chunks
1 400 gm pack of Sailor's Gourmet Foods Juicy Chicken Meatballs
2 tsp Worcestershire sauce
Freshly ground pepper
3 Tbsp Finely chopped spring onions

Method

1. Heat oil in a heavy-based, deep pan until a cube of bread dropped into it sizzles. Add the bread cubes and stir fry until brown and crisp on all sides. Remove from oil, drain on a rack set over paper.
2. Let the oil come back to heat. Add meatballs, a few at a time, to the hot oil, frying briefly until lightly coloured and fragrant. Remove and drain. Reserve oil except for 2 Tbsps.
3. Heat the 2 Tbsp oil over medium heat in a heavy-based frying or sauté pan. Add onions and salt and fry, stirring often, for about 4-5 minutes until soft and slightly browned.
4. Add garlic, increase heat, add tomatoes and stir until somewhat softened, but still retaining its shape.
5. Add the Worcestershire sauce, sprinkle with pepper, add meatballs and stir until combined. Add croutons, turn off heat, stir and add chopped spring onions. Serve hot.