

Chicken meatballs in Marinara sauce

An Italian inspired tomato sauce that is easy to prepare and cook. This is an ideal accompaniment to our chicken meatballs that are made to an Italian recipe incorporating Parmesan cheese, basil and parsley. Serve with pasta, or use as a filling for lasagna or cannelloni. White sauce (béchamel) recipe is included, as is a suggestion for baking with meatballs in tomato sauce with macaroni.

Ingredients

400 g Sailor's frozen chicken meatballs, thawed
2 Tbsp olive oil
1 medium onion, finely chopped
2 cloves garlic, finely chopped
1 400 g can chopped or crushed Italian tomatoes
¼ tsp dried oregano
1 tsp sugar
1 Tbsp finely chopped Italian parsley
1 Tbsp chopped fresh basil
Salt and freshly ground pepper to taste

Method

1. Heat olive oil in a medium sauté pan. Over medium-low heat, add onions, cook gently until translucent but not browned. Add garlic, heat through.
2. Increase heat to medium, add tomatoes. Bring to a simmer, add oregano and sugar, and cook until sauce thickens.
3. Fold in fresh herbs, and salt and pepper to taste.
4. Add chicken meatballs, heat through.
5. Serve with pasta.
6. Alternatively, place macaroni in a heatproof dish; pour over meatball sauce, top with a white sauce (recipe below) and sprinkle generously with grated mozzarella cheese, top with a sprinkling of Parmesan cheese. Bake in a preheated oven 180°C until cheese melts and bubbles.

(See next page for White Sauce recipe)

White Sauce

Ingredients

2 Tbsp plain flour

2 Tbsp butter

1 cup milk

Salt and pepper to taste

Pinch of freshly grated nutmeg, optional

Method

1. Heat milk until just before boiling. Take off heat.
2. Melt butter in a small saucepan over medium heat. Increase heat, add flour, whisk until butter and flour are incorporated.
3. Reduce heat to medium. Slowly add the hot milk a little at a time, whisking continuously to ensure that it is fully incorporated into the mixture before adding more. Gradually add all the milk and continue whisking until mixture is smooth. Season to taste. Add more milk to desired consistency.
4. Cook for a further 5 minutes until starting to bubble. Take off heat and use immediately.