



chiltern
cold pressed
extra virgin rapeseed oil

www.chiltern-oil.co.uk

How to make Meatballs in Tomato and Basil Sauce...

1. Mix the minced beef, herbs and onion together in a bowl and divide into the amount of meatballs of choice.
2. Heat the Chiltern basil oil in a frying pan and fry the meatballs for 10-12 minutes, making sure they are turned regularly to cook evenly,
3. Add the tomato paste, chopped tomatoes and 150ml of water and cook for 8-10 minutes and stir in the basil.
4. Finally cook the spaghetti as stated on the packaging and drizzle with Chiltern basil oil and serve with the meatballs.

What you'll need...

- 3 tablespoons of Chiltern Cold Pressed Basil Oil
- Half an onion, chopped
- 500g of minced beef
- 2 teaspoons of dried mixed herbs
- 400g tinned chopped tomatoes
- 3 tablespoons of sun dried tomato paste
- 300g wholemeal spaghetti
- 150ml water

