

# Cooking with the Cathedral

## Affordable cooking with Worcester Cathedral's Cloister Café



[Watch the video to learn how to create the recipe](#)

## Pork Meatballs and Pasta

### Ingredients

#### For the Meatballs

- 500g Pork Mince
- 4 garlic cloves chopped
- 50g Breadcrumbs
- Handful of Chopped Flatleaf Parsley (fresh or dried)
- 1 Egg
- 100g Grated Parmesan Cheese (or just use cheddar)
- Plus extra to put on top
- Salt/Pepper
- Olive Oil

#### For the Pasta Sauce

- 1 onion roughly sliced
- 2 Tinned Chopped Tinned Tomatoes
- 1 Jar Passata
- Fresh Basil or oregano (or can use dried)
- Olive Oil
- Salt/pepper
- 500g Pack of pasta

## Method

1. Put the pork mince, breadcrumbs, parsley, parmesan, garlic, salt and pepper and egg in a bowl and mix so it is all mixed together evenly. If it is easier use your hands. This is more fun!
2. Take a small amount and roll in your hands to make small balls
3. Heat the oil in a frying pan. Put some meatballs in and brown in the pan. Do this with all the meatballs in batches.
4. Take out and put on kitchen paper to drain.
5. Put the leftover olive oil into a large pan and heat.
6. Add chopped onion and fry until onion softens.
7. Add Chopped Tomatoes and Simmer for 5 – 10 minutes.
8. Add the jar of Passata and salt and Pepper.
9. Simmer for another 10 minutes.
10. Add the meatballs and simmer for approximately 2 hours stirring occasionally. (The longer you leave it the tastier it is, but if you don't have time just simmering for 20 minutes would mean everything was cooked)
11. Add a bit of water if the sauce needs it depending on how thick you like it.
12. Add basil and herbs 10 minutes before the end of cooking.
13. Cook pasta according to packet instructions in salted water.
14. When pasta is cooked drain and put back in the pan.
15. Add a few spoons of tomato sauce in the pasta and mix well.
16. Spoon pasta into bowls and Put sauce on top with a few meatballs.
17. Grate over parmesan cheese or cheddar cheese and enjoy.

## Other Ideas for Pasta Sauce

Make the Pasta Sauce in exactly the same way, then try one of these ideas Maria suggested instead of the meatballs.

**Sausages:** Fry up some sausages, chop them up and add to the Pasta Sauce

**Spinach:** Add a bag of baby spinach to the sauce instead (or as well as) the meatballs

**Chicken:** Chop up 3-4 chicken breasts and cook in the frying pan until slightly browned. Then add to the pasta sauce!

**Mushrooms:** Chop up a punnet of mushrooms and fry for a couple of minutes until softened, then add to the sauce

**Mixed Vegetables:** Chop up 500g of your favourite vegetables. Fry until browned, or cover in some oil and roast in the oven at 180C/Gas 4 for 30 minutes. Add to the sauce instead of the meatballs.

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