



PIPS FAMILY FAVOURITE

SWEET AND SOUR VENISON MEATBALLS



Serves 4 people- Makes 16 Meatballs
30 minutes cooking time
20 minutes preparation

INGREDIENTS:

500g Lean West Country Premium Venison Mince
½ Tbsp Tomato sauce
2 Crushed garlic cloves
200g Breadcrumbs
1 Medium Onion chopped finely
Dash or two of Worcester Sauce
Salt & Pepper
1 or 2 eggs to bind

METHOD:

Mix all the ingredients together in a bowl.
Make into balls
Roll them in a bit of Plain flour
Heat a bit of oil in a pan.
Add the meatballs and brown all over.

FOR SAUCE:

75g Brown Sugar
3 Tbsp Soya Sauce
1 tin of chopped tomatoes
220g tin of crush pineapple
4 Tbsp white vinegar
100ml Water
1 ½ Tbsp Cornflour

Put sugar, vinegar and sauce into saucepan.
Blend cornflour in a little of the water and add to ingredients in saucepan with rest of water.
Stir until it boils and simmer gently for 5 minutes.
Add meatballs, tomatoes and pineapple, return to the boil and simmer until cooked through.

You can either serve with rice or pasta.