

# Sausage Meatballs

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*These meatballs are incredibly easy to make and wonderfully flavoured with fennel. Serve them with plain boiled rice and a simple sauce of your choice for a delicious, easy meal.*

## Ingredients:

12 pork sausages flavoured with herbs (use any that you like)

1 tbsp. fennel seeds

Salt and pepper

1 tbsp. flour

1 egg

## Directions:

1. Remove the pork sausages from their skins and mash them up with the back of a fork.
2. Grind the fennel seeds either in a pestle and mortar or a spice grinder and sprinkle them over the sausages.
3. Season the mixture well and then add the flour and egg.
4. Work everything together with your hands and then fashion the mixture into small balls.
5. Fry the meatballs in a little bit of olive oil until cooked through and golden brown.

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