



This recipe brings out the already rich flavor that nduma naturally has. Not only are they fried, but are coated with a crunchy crust seasoned with nutmeg.

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### Ingredients

- 5 Tomatoes, grated
- 3 small red onion, finely diced
- 2 1/2 tablespoons of tomato paste
- 1 kg of ground beef
- 3 pork sausages
- 1 large bunch or fresh coriander, chopped
- 6 cloves of garlic, minced
- Cheddar cheese
- 1 egg, whisked
- 1 cup of breadcrumbs
- 1/2 a teaspoon of ground nutmeg



3 tablespoons of black pepper

Salt to taste

3 Tablespoons of royco

## Method

Put your minced beef in a large bowl. Take your raw sausage and squeeze the meat into the bowl. Mix it roughly. Then add the pepper, nutmeg, bread crumbs, whisked egg, the cheese and half of the chopped coriander. Mix everything until all the ingredients are distributed evenly.

Scoop the meat and roll them into medium size balls. Do not over work them or make them too compact. The meat sticks together pretty easily.

Put some oil in a large pan or a flat grill and grill or shallow fry the balls. It should take about 8-10 minutes for them to cook through. You can break one ball to ascertain whether they are done. After this, set them aside as you prepare the sauce.

### For the meatball sauce:

Add the onions and allow them to fry until they soften. Add the garlic and let this cook for about two minutes. Then add the tomatoes, the coriander and the tomato paste together with 1/4 cup of hot water. Mix your salt, 3 tablespoons of royco and 1 tablespoon of black pepper to form a thick paste and add this to the sauce. Let this simmer for about 5 minutes. Ensure you have some coriander left for garnishing.

Then throw your meatballs into the sauce and allow this to simmer on low heat for 10-15 minutes. If you feel the sauce is reducing, you can add some hot water or beef stock to increase its volume (1/4 cup at a time to retain the thickness). If you like, you can add some cheese then you let this simmer for extra flavor. I highly recommend this step as it is exactly what I did.

Remove from heat, garnish with some finely chopped coriander and serve 😊



SERVE WITH: some spaghetti, mashed potatoes, rice 😊.

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/pork-sausage-beef-cheddar-cheese-meatballs/>