**Spiced Meatballs in Spiced Tomato Sauce**

**Ingredients:**

**Spiced Meatballs**
- 2 ½ lbs ground turkey
- 1 egg
- ½ cup ketchup
- 1 tbsp toasted coriander seed, ground
- 1 tbsp toasted cumin seed, ground
- 1 tsp curry powder
- 2 tsp onion powder
- ¾ tsp ground mustard
- ¾ tsp smoked paprika
- ½ tsp ground allspice
- ½ tsp ground cinnamon
- ½ tsp chili powder
- 2 tsp dried oregano
- 1 tsp dried thyme
- salt & freshly ground black pepper

**Spiced Tomato Sauce**
- 2 tbsp grapeseed oil
- 1 cup minced onion
- 1 tbsp minced garlic
- 2 cinnamon sticks
- 1 tbsp toasted coriander seed, crushed
- 1 tbsp toasted cumin seed, crushed
- 4 cups tomato puree
- 1 cup vegetable stock
- 1 tbsp chopped mint leaves
- 1 tbsp chopped Italian parsley
- 10 oz frozen spinach squeezed
- parsley and/or mint to garnish
- salt & freshly ground black pepper

**Make it:**

1. To make meatball mix all ingredients, mix well. Form meatballs in the size of a Ping–Pong. Place them on a parchment lined baking sheet and bake for 20 minutes.

2. Heat the oil in a heavy bottomed pot. Add onions and garlic into hot oil. Add spices and stir to toast for 2 minutes.


4. When you are ready to serve, add the meatballs into the sauce and cook until heated and cooked through, about 5–10 minutes.

5. Taste and season before serving!