

Tomato Sauce (make a double batch It's that good)

- 1 1/2 T olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, finely sliced
- 1 t dried oregano
- 1 28 oz can plum tomatoes
- sea salt and freshly ground black pepper
- 1/2 T red wine vinegar
- 1/2 t coconut sugar (or regular)
- small bunch of flat leaved parsley, stems removed and roughly chopped

Using a large pan, sauté onion and garlic in olive oil on low heat, for about 10 minutes, until soft. Add oregano, tomatoes, salt, and pepper, bring to a boil, then simmer for about 15 minutes. Blend in a blender to get a smooth consistency. Add red wine vinegar or additional seasoning if required.

Fresh Tuna Meatballs

- 14 oz [fresh tuna](#)
- 1 1/2 T olive oil
- 1/2 c [pine nuts](#)
- 1 t ground [cinnamon](#)
- a pinch of red pepper flakes
- sea salt and freshly ground black pepper
- 1 t dried oregano
- 1 c fresh flat-leafed parsley, chopped

- 1 1/2 c [homemade breadcrumbs](#)
- 1 c freshly grated Parmesan
- 2 eggs
- zest and juice of 1 lemon

Chop the tuna into 1" cubes. Heat some olive oil in a pan, then add the tuna, pinenuts and cinnamon, lightly seasoning with salt and pepper. Cook for about 2 minutes, flipping and mixing to partially sear the tuna and toast the pine nuts.

Place the tuna mixture in a bowl to cool down for 5 minutes before adding all the remaining ingredients. Use your hands to mix, squishing the tuna to blend it with all the other ingredients. Form uniform balls a bit smaller than golf balls. Place the tuna meatballs on an oiled tray and refrigerate for 1 hour.

Heat a little olive oil in the pan, then add tuna meatballs, flipping until they are evenly brown, which takes about 4 1/2 minutes. Serve in tomato sauce on top of spaghetti, garnished with chopped parsley and a drizzle of olive oil. Or, serve as an appetizer in an Asian spoon.