



Meatballs with Spaghetti

Serves 2 (each serving is approximately 500 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 small onion
1 celery stick
1 red pepper
1 tablespoon rapeseed oil (15g)
225ml passata (Italian sieved tomatoes)
100g lean minced beef
100g lean minced pork
1 garlic clove

pinch dried red chilli flakes (optional)
100g wholewheat spaghetti
1 tablespoon freshly grated Parmesan (10g)
salt (optional) and freshly ground black pepper

Method

Peel and finely chop the onion. Trim the celery and finely chop. Remove the seeds from the red pepper and cut the flesh into dice.

Heat the oil in a frying pan over a medium heat and sauté the onion, celery and red pepper for about 5 minutes until lightly golden. Add the passata and simmer for a few minutes. Season with a little salt (optional) and pepper then blend with a hand blender if you prefer a smooth sauce.

Place the minced beef and pork in a bowl and crush in the garlic clove and add the chilli flakes, if using. Season with a little salt (optional) and plenty of pepper and using your hands give everything a good mix. Using slightly wetted hands, make into 10 even-sized balls.

Carefully add the meatballs to the sauce, then cover with a lid and simmer gently for 8-10 minutes until the meatballs are completely tender, shaking the pan occasionally to ensure they cook evenly.

Meanwhile, plunge the spaghetti into a large pan of boiling water with a small pinch of salt (optional) and simmer for 8-10 minutes until just tender. Drain well and return to the pan and then add a few ladles of the tomato sauce to coat.

Divide among warmed bowls and spoon the meatballs with the rest of the tomato sauce on top. Scatter over the Parmesan to serve.