

Pasta and Meatballs

Serves: 4



Equipment:



Chopping board,
knife,
tablespoon,
serving spoon

Ingredients:



- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 200g turkey mince or 200g lean beef mince
- 1 tbsp. olive oil
- 400g chopped tomatoes
- 2 tbsp. tomato purée
- 2 tsp dried mixed herbs
- 200g closed-cup mushrooms, sliced
- 1 pepper, any colour, chopped



Method:



1. Mix half of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball. Use turkey mince as a lower fat alternative to beef.
2. Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put on to a plate.
3. Add the remaining half an onion and garlic to the frying pan and cook for 2-3 minutes until soft.
4. Add the tomatoes, tomato purée, herbs, mushrooms and peppers to the pan with 150ml water. Bring to the boil, then add the meatballs. Reduce the heat, cover with a lid and simmer for 30 minutes.
5. About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs and tomato sauce.
6. Serve with wholegrain brown rice as an alternative to pasta, but remember that it takes 25-30 minutes to cook.