

## Recipe 6 – Meatballs ‘n’ Sauce

**Serves: 4 adults**

**Preparation: 15 minutes**

**Cooking: 35 minutes**

### Ingredients to put on your shopping list:

- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 200g any type of mince (lean if possible)
- 1 tablespoon olive or sunflower oil
- 1 tin chopped tomatoes (400g)
- 200g any type of dried pasta, like fusilli

### Swappable or optional

- 200g mushrooms, sliced
- 1 pepper, any colour, chopped
- 2 teaspoons dried mixed herbs
- 2 tablespoons tomato purée (optional)

**Swap tip** - Don't worry if you don't have all of the ingredients: you can swap some for whatever you do have, or leave them out completely. The recipe will still be yummy!

### How to make your meatballs ‘n’ sauce:

**Step 1.** Mix some of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball.

*Try using turkey mince as a lower-fat alternative to beef or lamb.*

**Step 2.** Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put onto a plate.

**Step 3.** Add the remaining onion to the frying pan and cook for 2-3 minutes until soft. Add the remaining garlic and cook for another minute.

**Step 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.

**Step 5.** About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs and tomato sauce.

*Serve with wholegrain brown rice as an alternative to pasta, but remember that it takes 25-30 minutes to cook.*