

QUICK 'N' EASY BAKED BEEF MEATBALLS



READY IN ABOUT 40 MINS

INGREDIENTS

MEATBALLS

½ brown onion
600g beef mince
½ cup panko breadcrumbs
1 egg
1 tsp soy sauce
1 tsp dried rosemary & 1 tsp dried oregano (or any dried herbs)
1 clove minced garlic (optional)
1 Tbsp tomato sauce
¾ tsp salt

SAUCE

½ brown onion
2 carrots
1 x 700ml jar tomato passata **OR**
2 x 400g can chopped tomatoes
1 cup beef stock
1 tsp sugar (optional)
1 cup cheese, grated

PASTA

¾ pack spaghetti

YUM RATING ★★★★★

METHOD

- 1. PREP MEATBALLS** Preheat oven and a large baking dish to 220°C. Bring a pot of salted water to the boil with a lid on. Finely dice both measurements of onion and set half aside for sauce. Mix first measurement of onion with all other meatball ingredients. Scoop out 2 tablespoons of mixture and roll into balls. Carefully place into preheated baking dish and bake for 10 minutes.
- 2. PREP & COOK SAUCE** Grate carrots. Heat a little oil in a fry-pan on medium-high heat. Cook onion and carrots for 5-6 minutes, until soft. Add tomato passata (or canned tomatoes), stock and sugar and bring to the boil. Reduce heat to medium and simmer for about 5 minutes, until thickened. Season to taste.
- 3. FINISH MEATBALLS & COOK PASTA** Pour sauce over meatballs and sprinkle with cheese. Bake a further 10 minutes, until cheese is melted and golden. Cook pasta in pot of boiling water for 8-10 minutes, until tender. Drain and toss with a little oil to prevent sticking.
- 4. SERVE** pasta topped with baked beef meatballs.

ENERGY 2826 KJ (675 KCAL)
CARBS 60.1G
PROTEIN 41.9G
FAT 31.1G

Nutrition based on 5 servings

BARGAIN
BOX FAST 'N' FRESH