





## MEATBALLS IN TOMATO SAUCE

Ditch the typical greasy meatballs and enjoy this healthier version!

-  20 minutes
-  1 hour and 30 minutes
-  6 portions

## INGREDIENTS

- 500 grams of lean beef mince
- 1 red onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 tsp mixed herb
- 1/2 tsp of chili powder
- 3 cloves of garlic, crushed
- 1 Can of diced Tomatoes (400 g)
- 2 tbsps of tomato paste
- 300 grams of pasta, wholemeal
- 30 grams of parmesan cheese, grated
- 1/4 fresh basil leaves, torn (6 g)

## COOKING METHOD

- 1° Combine mince, onion, carrot, zucchini, mixed herb, chili and 3/4 of the garlic in a bowl. Roll the mixture into balls about the size of a golf ball.
- 2° Heat a large non-stick frying pan over medium heat-high heat. Cook the meatballs in batches just until browned on the outside. Transfer to plate.
- 3° Combine the tomato, tomato paste, 3/4 cup of water and the remaining garlic in a frying pan. Simmer over medium-low heat for 5 minutes.
- 4° return meatballs to the pan. Bring to the boil. reduce the heat to low and simmer for 20 minutes or until the meatballs are cooked through and the sauce has thickened.
- 5° Meanwhile, cook the pasta in a large saucepan of boiling water until tender. drain.
- 6° Divide pasta, meatballs and sauce among serving dishes and sprinkle with parmesan and basil.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (304 g)	% DRI
ENERGY	103 kcal	312 kcal	16 %
FAT	4 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	27 %
CHOLESTEROL	18 mg	56 mg	19 %
SODIUM	57 mg	172 mg	7 %
CARBOHYDRATE	8 g	26 g	9 %
SUGARS	1 g	4 g	—
FIBER	1 g	4 g	15 %
PROTEIN	8 g	23 g	—