

DINNER

SPAGHETTI AND TURKEY MEATBALLS



SHOPPING LIST:

- 300g spaghetti
- 500g turkey mince
- 1 egg
- 30g oats
- 2 cloves garlic
- 1 tbsp olive oil
- 1 onion
- 2 medium carrots
- 500g passata
- 800g chopped tomatoes
- 1tsp dried parsley
- 2tsp dried oregano
- 2tsp dried basil
- Salt
- Pepper

COSTINGS: *£1.17 per portion

NUTRITIONAL INFORMATION:

Calories: 611kcal | Carbohydrates: 63g | Sugar 21g | Fat: 17g | Saturated fat: 4g | Protein 43g | Salt: 0.57g | Fibre: 8.9g

Each portion contains 3 of your 5-a-day!

Preparation time:	Cook time:	Servings:
20 mins	30 mins	4

DIRECTIONS:

<p>1. Weigh out your ingredients. Chop the onion, crush the garlic, grate the carrots, and whisk the egg.</p>	<p>2. Put a pan of water on to boil for the pasta and place the oil in a frying pan for the meatballs. Meanwhile add the turkey, oats, egg, parsley and half the garlic into a bowl and season with salt and pepper.</p>	<p>3. Mix all the ingredients in the bowl, then portion into 16 meatballs and place in the frying pan.</p>
<p>4. Cook the meatballs on medium heat for approximately 5 minutes or until the outside is brown. Add the onion and cook for three minutes then the garlic and cook for a further 60 seconds.</p>	<p>5. Add the passata, tomatoes, garlic, herbs, and carrots to the frying pan and season with salt and pepper. Cook for 10-15 minutes, checking the meatballs are cooked by cutting one in half and checking for no pink.</p>	<p>6. Once all ingredients for the sauce are in the frying pan, cook your spaghetti until al dente. Drain, and serve with the meatballs and sauce.</p>

*average supermarket pricing as of March 2021

