

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:

		
1. Weigh out your ingredients. Chop the onion, crush the garlic, grate the carrots, and whisk the egg.	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.	3. Mix all the ingredients in the bowl, then portion into 16 meatballs and place in the frying pan.
		
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.	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.	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.

*average supermarket pricing as of March 2021

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