

Turkey Meatballs with Spaghetti



Serves: 4



Equipment:



Mixing bowl,
saucepan,
frying pan,
chopping board,
knife, wooden spoon,
colander,
teaspoon

Ingredients:



For the meatballs

- 300g lean turkey mince
- 1 onion, very finely chopped
- 2 garlic cloves, crushed
- 2 tsp. dried herbs or paprika
- 1 egg, beaten
- Pinch of Sea salt and black pepper

For the tomato sauce

- 1 x 400g tin chopped tomatoes
- 200g wholemeal spaghetti
- 1 onion, chopped
- 2 garlic cloves crushed
- ½ tsp. dried or fresh oregano
- ½ dried or fresh basil
- 1 tsp. of vegetable oil

Method:



1. Put the turkey mince into a mixing bowl with the chopped onion, garlic, herbs, beaten egg and a pinch of salt and pepper. Mix everything together until thoroughly combined.
2. With wet hands, roll the mixture into 20 meatballs and put them on to a plate, chill in the fridge for 30 minutes.
3. Meanwhile, make the tomato sauce. Add half a teaspoon of oil to a saucepan, add the onion and sauté for 5–6 minutes until soft, then add the garlic and cook for a further minute.
4. Add the chopped tomatoes, oregano, basil and black pepper. Stir everything together and leave to simmer for 10 minutes, until slightly thickened.
5. Meanwhile, boil some water and cook 200g of wholemeal spaghetti and then drain.
6. To cook the meatballs, add half a teaspoon of oil to a pan. Once hot, brown the meatballs in batches, turning frequently so they colour on all sides. Transfer to the pan with the tomato sauce to cook for a further 20 minutes until cooked through, turning from time to time. (If the sauce becomes too thick, add 50–100ml of water).
Serve with a portion of vegetables of your choice.