



Method

- Preheat oven to **180°C**
- Grate potatoes & add to mince in bowl
- Chop half an onion, fresh herbs & garlic into small pieces, add to mince
- Season mince mixture & roll into 15 meatballs
- Heat oil in pan until hot, then add meatballs & brown. Transfer to oven for 7 minutes.
- Chop half an onion, half a leek & 1 carrot into small pieces, fry in a little oil
- Add 3 cloves of chopped garlic, chopped tomatoes, water (1 tin) & tomato puree
- Cook pasta from packet instructions
- Add cheese & meatballs to sauce
- Mix the pasta in with the sauce, top with fresh basil
- Serve with a mixed salad



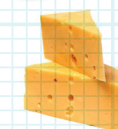
Tomato Meatballs with Pasta



Variation: Make this even healthier:



- Use wholemeal pasta
- Add extra vegetables e.g. roasted peppers & spinach
- Swap regular for low fat cheese



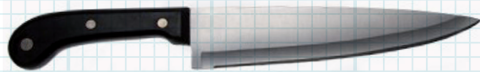
Servings: 🍽️🍽️🍽️🍽️ 3-4

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Equipment

Knife



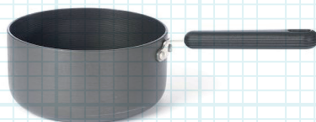
Chopping board



Potato peeler



Saucepan



Tin opener



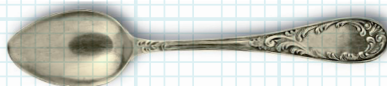
Pan



Grater



Spoon



Ingredients



1.5 tins chopped tomatoes



300g pasta

2 small potatoes



1 onion



half leek



5 cloves garlic



450g extra lean
mince

2 tbsp tomato puree

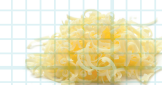


1 carrot

rapeseed oil



parmesan cheese



Salt and
pepper



fresh
herbs