



MEATBALLS WITH "SPAGHETTI"



Method:

1. Preheat the oven to 180°C.
2. Combine mince, garlic, onion, apple and carrot in a bowl, and mix until all ingredients are combined. Add ricotta, breadcrumbs, parmesan, parsley, egg and spices to the bowl and mix until well combined. Shape into meatballs and place into an ovenproof dish.
3. Pour tomato sauce over meatballs and cover and bake for 10 minutes. After 10 minutes remove lid and bake for a further 15 minutes or until meatballs are cooked through.
4. Meanwhile cook the leek in a pan over medium heat with olive oil. Add the zucchini and toss through for a few seconds until warm.
5. Season spaghetti with a little lemon and black pepper and divide between serving plates and top with the meatballs when they are ready.
6. Serve sprinkled with fresh chopped parsley a little grated parmesan.

Ingredients:

500 g lean beef mince
 1 teaspoon of crushed garlic
 1 small onion, grated
 1 apple, peeled and grated
 1 small carrot, grated
 125 g ricotta cheese, drained
 1/3 cup fresh breadcrumbs
 1/4 cup freshly grated parmesan cheese
 1/2 cup fresh chopped parsley
 1 egg
 Pinch of nutmeg, paprika
 4 cups Napolitana fresh tomato sauce
 1 Leek – cut into thin strips
 1 teaspoon olive oil
 6 zucchinis, grated into spaghetti.
 Black pepper
 Squeeze of lemon

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2045 kJ
Protein	43 g
Fat	15 g
Carbohydrate	42 g
Sodium	596 mg
Fibre	14.4 g

HOT TIPS



These meatballs are a quick and easy way to get a whole lot of quality protein and iron in one go! Not only can protein help to keep you full, but it can also help with the muscle repair process.