



4

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Stove

LANCEWOOD® SPAGHETTI & MEATBALLS

INGREDIENTS:

Meatballs:

500 g lean beef mince
2 cloves garlic, crushed
1 medium sized carrot, finely grated
45 ml fresh flat leaf parsley, chopped
45 ml fresh basil, chopped
5 ml dried oregano
Salt & freshly ground black pepper to taste
1 large egg
180 ml **LANCEWOOD® Cheddar**, finely grated
Oil for frying

Sauce:

15 ml oil
1 onion, finely chopped
2 carrots, grated
1 stalk celery, sliced
1 clove garlic, crushed
400 g can chopped peeled tomatoes
45 ml tomato paste
15 ml sugar
375 ml water
45 ml fresh flat leaf parsley, chopped
Salt & freshly ground black pepper to taste

To serve:

250 g spaghetti, cooked according to the instructions on the packet
250 ml **LANCEWOOD® Cheddar**, grated
45 ml fresh basil, shredded
Garlic bread

METHOD:

Meatballs:

Add the mince, garlic, carrot, parsley, basil, oregano, seasoning, egg and cheese to a mixing bowl and mix

until well combined.

Shape into 20 small meatballs. Heat oil in a frying pan and fry the meatballs all over until golden. Set aside.

Sauce:

Return the pan to medium heat and add the oil. Fry the onion, carrots, celery and garlic until soft.

Add the tomatoes, tomato paste, sugar and water and simmer until slightly thickened.

Add the parsley and meatballs and mix through. Season to taste.

To serve:

Mix the spaghetti gently with the meatballs and tomato sauce. Heat through.

Serve with cheese and a sprinkle of basil and garlic bread on the side.

PRODUCTS USED:



Cheddar

ENJOY!