



SPAGHETTI & MEATBALLS

SERVES 2

INGREDIENTS:

- pack of 12 beef meatballs
- 100g soffritto mix (diced onion, carrot and celery)
- 2 cloves of garlic
- 200g button mushrooms,
- 1 bay leaf
- 1 tsp dried basil
- 1 tbsp tomato puree
- 1 tin chopped tomatoes
- 4 anchovies fillets(optional)
- 80g black olives
- 160g spaghetti

INSTRUCTIONS:

- heat up a large frying pan or shallow non-stick casserole pan and add the meat balls. move then constantly until brown and remove from pan.
- return the pan to the heat and add the soffritto mix. saute for 5 minutes.
- add the garlic and herbs and cook for 2 more minutes.
- add the button mushrooms, tomato puree and anchovies and simmer for another 5 minutes.
- add the tinned tomatoes, a splash of water and the meatballs. bring up to the boil and then allow to simmer for 20 minutes.
- add in the black olives and some seasoning and cook for a further 5 minutes.
- In the meantime cook the spaghetti as per packet instructions . Drain, reserving a small amount of pasta water.
- add the drained pasta to the sauce and combine well.

700 calS 38g P 49g C 34g F