



turkey meatballs

with veggie tomato sauce & spaghetti

recipe created by



CHEF SHACK
STREET FOOD

feeds up to
6 people &
equates to
**£1.76 per
portion**

takes
around
30-40 mins
from start
to finish

method

- to make the meatballs get a mixing bowl, add the turkey mince, peel and grate the onion - squeezing the water out before adding to bowl. finely chop 1 garlic clove and add in. using the the small side of the grater, grate about 10g of parmesan into the bowl. finely chop a little parsley and add in as well, then season with a sprinkle of salt and pepper. roll the meatballs into balls about the size of a ping pong ball and set a side in the fridge for at least an hour
- for the sauce, roughly chop the red onion, red pepper, courgette and carrot...if using a plain passata you could add a garlic clove to the vegetables also. place on a baking tray and cover with a little oil and season with salt and pepper. cook in oven for 15 mins on around 180. then using a blender, add the passata and roast veg, a little parsley and basil then blitz until smooth.. if you don't have a blender, don't worry, just chop the veg smaller and just add to sauce
- get a non-stick frying pan and add a little oil. on a medium heat, fry off the meatballs until coloured on all sides. add the sauce, bring to the boil and turn down the heat to simmer. dissolve the chicken stock in 200 ml of boiling water and add to the sauce to loosen it up and add more flavour. simmer for 15-20 mins until meatballs are cooked
- boil a pan of water with a pinch of salt. add 250g pasta (about 1/2 pack) then cook for 10 mins or until cooked and not hard (drain water). take the meatballs out of pan, add the spaghetti to the sauce mix, then get ready to plate
- spoon out the pasta and sauce into bowls, placing meatballs on top. grate a little parmesan on top of you wish and serve!

ingredients

- 2 packs of turkey mince (7% fat)
- 1 red pepper
- 1 carrot
- 2-3 red onions
- 1 courgette
- 1 garlic clove
- parsley (small bunch)
- basil (small bunch)
- passata (garlic or plain)
- small parmesan block
- spaghetti
- 1 chicken stock cube or pot