

Healthy meatball and spaghetti recipe

Recipe and ingredients for the meatballs

One
Life
Suffolk



turkey mince 7% fat £2.70

(can swap for lean minced pork 5% fat £2.50 or lean



minced steak mince 5% fat £2.75 (if prefer)



breadcrumbs (59p for a loaf of wholemeal bread which

can be chopped into small chunks or alternatively

store-brought bread crumbs 80p)



1x egg 79p (for carton)

feta £1.20 (optional- if dairy free can leave this out or

swap for dairy-alternative cheese).

(Please turn over for the sauce recipe)



1. Preheat oven to 200 C/180 C fan/gas 6.



2. Chop a slice of bread and feta into small chunks.



3. Remove the turkey mince from it's packaging (*make sure to remove the paper beneath the meat*) and mix together with your hands in a large mixing bowl.



4. Add the chopped bread, feta and egg in the bowl. Add seasoning (*paprika and mixed herbs*) and mix further.



5. Mould the mixture into small, equally sized balls and place on a baking tray.



6. Cook in the oven for 15 minutes.



7. Remove from oven and cut into the largest meatball to see if cooked. If not, continue to cook these and check every 5 minutes until cooked.

Total cost to make healthy spaghetti and meatball recipe: £9.16 or £15.57 if using optional extras.





Based on prices in Tesco's 05/07/20

Families
and
Young People

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Recipe and ingredients for the sauce

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-  rapeseed oil £1.50 (fry light 2 pounds)
-  2x garlic cloves 30p (for one garlic)
-  2x carrots 10p
-  1x red onion 12p
-  paprika 90p
-  mixed herbs or oregano 85p
-  tomato passata 32p
-  plum tomatoes 28p
-  vegetable stock cube £1.50
-  spaghetti 53p (gluten free pasta £1.00)

Additional vegetables can be added to the sauce; broccoli 55p or finely chopped mushrooms in sauce

You might also like to add salt and pepper or chilly flakes- 85p

Tomato Puree can be added to thicken the sauce

Grated parmesan to serve

Baby spinach/small bunch of basil to top

Salt and pepper- £2.30



1. Heat the oil in a frying pan and add the diced garlic, carrots and onions. Cook these for 2 minutes and add seasoning (*paprika, mixed herbs, chilli (optional), salt and pepper*). Cook for a further 3 minutes or until vegetables are slightly softened.



2. Add tomato passata and plum tomatoes (*using a spatula gently chop the plum tomatoes into chunks*) and stir. You may also add any additional vegetables at this point. (*such as broccoli or mushrooms*)



3. Add vegetable stock and bring the sauce to a boil before letting simmer for 10 minutes.



4. Add tomato puree (*optional*) to thicken the sauce.



5. Add cooked spaghetti to the sauce and mix this through so that it covers spaghetti.



6. When serving pasta, can top with baby spinach or basil and/or a sprinkle of parmesan cheese to serve.

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