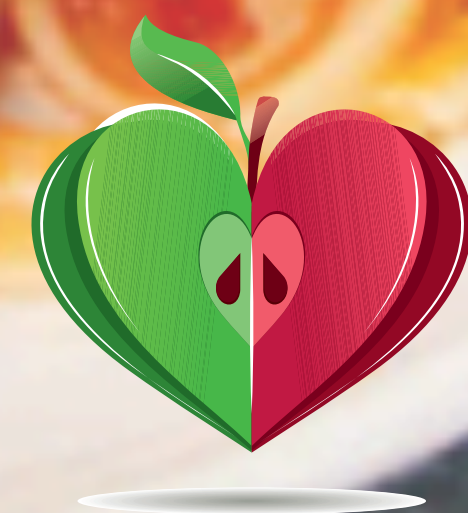




Spaghetti & Meatballs

COOKING TIME: 45 MINS



Healthy
UCD

SERVINGS: 4

Ingredients

- 400g Lean Beef mince (5% fat)
- 1 Clove of Garlic
- 1.5 tbsp Dried mixed herbs
- 2 tbsp Olive oil
- 1 Vegetable/Beef stock cube
- 400g Spaghetti Pasta
- 400g Can of Tomatoes

Ingredient	Amount	Cost (Tesco)	Aldi	Centra
For the Meatballs				
Lean Beef Mince (5% fat)	400g	€4.00	€3.79	€4.82
Garlic	x1 clove	€0.50	€0.50	€1.30
Dried Mixed Herbs	1/2 tbsp	€0.50	€0.16	€2.95
Olive Oil	1 tbsp	NA	NA	NA
For the Sauce				
Olive Oil	1 tbsp	NA	NA	NA
Dried Mixed Herbs	1 tsp	€0.50	€0.16	€2.95
Garlic	x1 clove	€0.50	€0.50	€1.30
Vegetable/Beef Stock Cub	x1 (dissolved in 500ml water)	€0.45	€0.49	NA
Spaghetti Pasta	400g (800g when cooked)	€0.75	€0.55	NA
Can of Tomatoes	400g	€0.39	€0.39	€2.30
Total cost/recipe		€7.59	€6.54	€15.60
Total cost/serving		€1.90	€1.64	€3.90

Method

1. Heat a large saucepan over a medium heat and add the olive oil. Once hot, add the onion and cook gently without browning for 4-5 minutes, or until softened and translucent. Add the garlic, continue to cook for 2 minutes until aromatic, then add the dried herbs, tomatoes and stock. Bring the sauce to a simmer, reduce the heat and simmer gently while you make the meatballs.
2. For the meatballs, mix together the beef, garlic and herbs along with a decent pinch of salt and pepper. Using wet hands, roll into 20 balls.
3. Heat a frying pan over a medium heat and add the olive oil. Once hot, fry the meatballs on all sides until nicely coloured, being careful not to burn them. You may need to do this in batches. Transfer to the saucepan containing the sauce.
4. Continue to simmer the sauce for 10 minutes while you cook the spaghetti.
5. Bring a large saucepan of water to the boil, add a pinch of salt and cook the spaghetti according to the packet instructions. Once cooked, drain and tip into the saucepan with the meatball sauce. Mix well and serve hot.



Dietary Information

	Per Serving	%RI
Energy (kcal)	535	27%
Fat	13g	19%
of which saturates	3.3g	17%
Carbohydrates	70	27%
Fibre	3.9	16%
Protein	34	68%
Salt	1.3	22%

Allergy Information



Gluten free



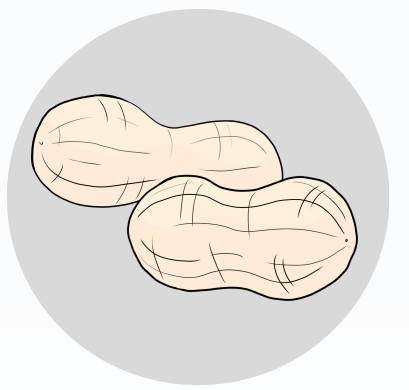
Vegetarian



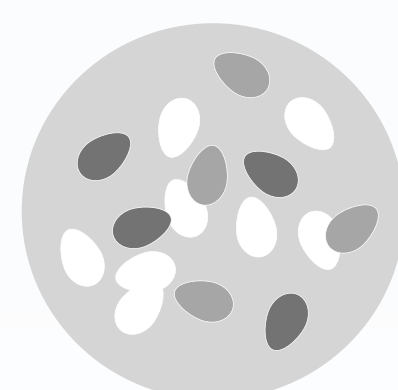
Contains gluten



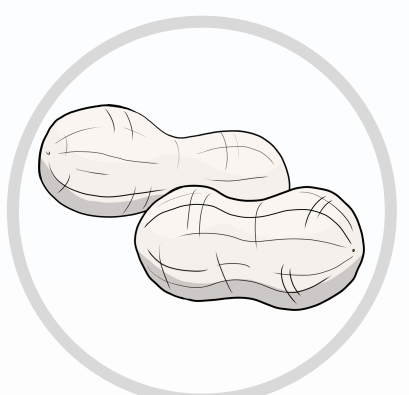
Vegan



Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



May contain eggs



Contains fish