



30 minutes



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TURKEY MEATBALLS



Allergens: dairy, gluten

What is it?

Turkey mince is lower in fat than traditional beef mince, so why not give these meatballs a try for a change? The herbs and spices add a super tasty flavour!

MAKE IT FUN!

We have used spaghetti with this recipe, but you could swap in your favourite pasta if you prefer. Why not try fun shapes like bows or shells!

What you'll need:

For 2 people

Garlic clove 1
Chilli flakes $\frac{1}{2}$ tsp
Chopped tomatoes 400g
Spaghetti 200g
Turkey mince 200g
Onion (diced) 1
Basil Handful
Parmesan 2 tbsp

3 people

1
 $\frac{1}{2}$ tsp
600g
275g
300g
1
Handful
3 tbsp

4 people

1
1
800g
350g
400g
2
Handful
4 tbsp



SEND US YOUR PHOTOS!

SCAN HERE



We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Celebrate Family Food to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out of your photos on our social media accounts!

WHAT TO DO:



Step 1:

Place the turkey mince in a bowl along with the diced onion. Then mince the garlic and add to the bowl. Add the chilli flakes and mix together (use as little or as much as you like).

Step 2:

Form the mixture into balls, 4 per person. Heat a little bit of oil in a frying pan and add the balls. Cook for 3-4 minutes, giving the pan a shake to turn the balls so they cook on all sides.



Step 3:

Add the chopped tomatoes to the pan and stir, letting the sauce simmer for 15-20 minutes until the meatballs are cooked through (there should be no pink left in the mince).

Step 4:

Meanwhile, boil a pan of water and cook the spaghetti for 10 minutes, until soft. Drain the pasta and dish up into bowls or plates. Add a scoop of the meatballs and sauce. Top with a handful of basil and a sprinkle of parmesan.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME



LET'S MAKE
IT AGAIN!