



45-60 minutes



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SPAGHETTI AND MEATBALLS



Allergens: gluten, celery, dairy

What is it?

A classic Italian favourite. You could use any mince for this recipe - turkey mince is an affordable and tasty alternative you might like to try!

MAKE IT FUN!

This is a great recipe to get your hands messy making the meatballs, dive in and enjoy the process!

What you'll need:

For 2 people

Beef mince 200g
Onion 1/2
Garlic cloves 1
Chopped tomatoes 150g
Spaghetti 150g
Mixed herbs ½ tsp
Breadcrumbs 1 tbsp
Cheese 75g
Beef stock 1 cube

3 people

300g
3/4
1
1
200g
220g
1 tsp
2 tbsp
100g
1 cube

4 people

400g
1
1
250g
300g
1 tsp
2 tbsp
130g
1 cube



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:

In a large bowl, mix the beef mince, breadcrumbs and half the herbs together. Finely chop $\frac{1}{2}$ the garlic cloves and dice the onion. Work the mixture together with your hands (if you are cooking with children, this is a great chance for them to get involved!) - make sure to wash your hands first! Use your hands to shape the mix into 5 round balls per person.

Step 2:

Heat a little oil in a frying pan over a medium heat. Add the meatballs and fry, turning them regularly to avoid burning on any sides. They should take around 8 minutes to cook through. Add the chopped tomatoes, beef stock, the rest of the garlic and mixed herbs. Stir then simmer for 8-10 minutes.



Step 3:

Meanwhile, bring a large saucepan of water to a boil over a high heat. Add the spaghetti and cook for 10 minutes until the pasta has softened. Try a little bit to see if its your taste.

Step 4:

Drain the spaghetti, then portion out onto plates or bowls. Add the meatballs (counting how many each person gets to avoid family disputes!). Add a spoonful of sauce over the top then finish off with some grated cheese.



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!