LET'S EAT!

SPAGHETTI AND MEATBALLS

45-60 minutes

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Allergens: gluten, celery, dairy

What is it?

A classic Italian favourite. You could use any mince for this recipie - 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	3 people	4 people
Beef mince	200g	300g	400g
Onion	1/2	3/4	1
Garlic cloves	1	1	1
Chopped tomatoes	150g	200g	250g
Spaghetti	150g	220g	300g
Mixed herbs	½ tsp	1 tsp	1 tsp
Breadcrumbs	1 tbsp	2 tbsp	2 tbsp
Cheese	75g	100g	130g
Beef stock	1 cube	1 cube	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 Let's Eat 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 for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

In a large bowl, mix the beef mince, breadcrumbs and half the herbs together. Finely chop ½ 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 1 2 3 4 5 LET'S MAKE IT AGAIN!