LET'S EAT! TURKEY MEATBALLS

30 minutes

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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 recipie, but you coukd swap in your favourite pasta if you prefer. Why not try fun shapes like bows or shells!

What you'll need:

	For 2 people	3 people	4 people
Garlic clove	1	1	1
Chilli flakes	½ tsp	½ tsp	1
Chopped tomatoes	400g	600g	800g
Spaghetti	200g	275g	350g
Turkey mince	200g	300g	400g
Onion (diced)	1	1	2
Basil	Handful	Handful	Handful
Parmesan	2 tbsp	3 tbsp	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 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:

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 1 2 3 4 5 LET'S MAKE IT AGAIN!