

MEATBALLS

with spaghetti



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BEEF + LAMB
NEW ZEALAND

Serves 4 Preparation Time 30 MINS

Cooking Time 1 HOUR



Kate's favourite!

Kate is one of the faces of the 'Way to Grow' campaign. When Kate grows up she wants to be a teacher.

Beef

500g Quality Mark beef mince
½ cup parsley leaves, finely chopped
¼ cup fresh white breadcrumbs
1 egg
2 tablespoons milk
1 teaspoon dried oregano

Spaghetti sauce

1 onion, finely sliced
2x 400g cans chopped tomatoes in juice
1 tablespoon red wine vinegar
1 teaspoon brown sugar (optional)
350g dried spaghetti

To serve

2 courgettes, trimmed, peeled into ribbons and blanched
1 bag baby spinach
Grated cheese

Beef

Place the beef mince, parsley, breadcrumbs, egg, milk and oregano in a large bowl. Season and mix well. Divide mince mixture into 16 meatballs, rolling them gently. Cover and refrigerate for 20 minutes.

Spaghetti sauce

Heat a dash of oil in a large frying pan over a medium heat and add the meatballs. Cook until browned, then transfer to a plate. Lower heat, add the onion and cook until soft. Add the tomatoes, red wine vinegar and sugar if using. Return meatballs to the frying pan, cover and cook over a low heat for 1 hour, turning meatballs regularly.

Place a large saucepan of lightly salted water on to boil. Add the spaghetti and cook for 8 minutes. Drain spaghetti reserving about 1 cup of the cooking water. Add cooking water to the pan with the meatballs to loosen the sauce.

To serve

Gently toss together the meatballs, sauce, spaghetti and green vegetables and place in a large warmed serving bowl. Sprinkle with your favourite grated cheese.



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