

Mini-Meatball Pasta Bake

Prep &
cook
75mins

Serves
6-8

Allergy advice
Nut Free Dairy Free
Egg Free Fish Free



Ingredients

For Meatballs

400g Lean minced pork or turkey (or 200g Beef & 200g Pork)

6 Spring onions finely chopped

1 tsp Dried Italian herb mix

1tblsp Tomato puree

1tblsp Worcestershire sauce

Salt & Pepper

For Tomato Sauce

Fry light

1 onion finely chopped

2 gloves garlic finely chopped

2x400g tinned chopped tomatoes

200ml vegetable stock

2tsp Dried Oregano

300g pasta

120g cheddar

Recipe

1. Preheat Grill to high. Mix together mince, spring onion, Italian seasoning, tomato puree and Worcestershire sauce and season.
2. Shape into around 20 mini-meat balls then arrange on a baking tray and grill for 10-12mins turning occasionally until meatballs are browned all over.
3. Preheat oven to 200°C/180°C fan
4. Meanwhile place a large pan on medium heat spray and fry onions for 1-2mins then add garlic and cook for a further minute. Add chopped tomatoes, vegetable stock and oregano and season well. Bring to the boil and then reduce heat and simmer for 15mins, stirring occasionally until sauce has thickened.
5. Cook pasta until al dente (2mins less than the packets recommended cook time). Add the pasta and meatballs to the sauce. Transfer to baking dish and sprinkle over cheese. Cover with foil and bake for 20mins then remove foil and bake for a further 10mins until bubbling and golden.

