

THE LARDER PRESENTS..

SPAGHETTI & MEATBALLS



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**



**Prep
Time: 20
Mins**



**Cook
Time: 30
Mins**



Sauce:

- 2 Tbsp Oil
- 1 Onion
- 2 Garlic Cloves
- 2 Tins Chopped Tomatoes



Meatballs:

- 500g Minced Beef
- 50g Parmesan Cheese
- 2-3 Garlic Cloves
- 1 Egg Yolk
- Handful Breadcrumbs (made from bread roll)
- 1 Tbsp Parsley
- 2 Tbsp Oil
- Salt & Pepper
- 400g Spaghetti
- Parmesan Cheese



INGREDIENTS

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT
WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

- Hob
- 2 x Sauce Pan
- Frying Pan
- Mixing Bowl
- Sharp Knife
- Spoon
- Tin Opener
- Sieve
- Grater

EQUIPMENT



METHOD



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1. First make the breadcrumbs, this is ideal made with bread that is a day or two old. Take the bread roll and tear into small pieces. If you have a food processor place the day old bread into the processor and blitz for a few seconds until you have breadcrumbs. **If you use the food processor get an adult to do this bit.** Place in a bowl and put to one side.
2. Make the meatballs. In a large bowl, mix the minced beef, Parmesan, chopped garlic, egg yolk, breadcrumbs and parsley together. Season with salt and pepper and then mould into 12 meatballs (roughly 50g each).
3. Next make the sauce, heat the olive oil in a medium saucepan over medium-low heat, finely chop the onion and garlic and fry for a few minutes until softened (but not coloured). Stir in the tinned tomatoes and simmer the for 12-15 minutes until it has thickened.
4. Heat the olive oil in a frying pan over medium-low heat, add the meatballs and cook, shaking the pan occasionally, for 4-5 minutes or until browned all over. Heat the sauce and stir the meatballs into the pan. Cover and simmer, over medium heat, for a further 15 minutes, until the sauce has thickened and the meatballs are cooked through.
5. While the meatballs cook in the sauce, bring a large pan of water to the boil, add in a tsp of salt and add the spaghetti and cook for 10 -12 minutes.
6. Drain the pasta and serve with the meatballs in tomato sauce, sprinkle with extra grated Parmesan cheese.

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COOKING AND ENJOYING THE RECIPES



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