

THE LARDER PRESENTS..

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

SPAGHETTI & MEATBALLS







Sauce:

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





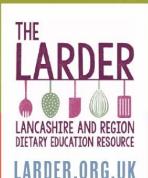
- 500g Minced Beef
- 50g Parmesan Cheese
- 2-3 Garlic Cloves
- l Egg Yolk
- Handful Breadcrumbs (made from bread roll)
- 1 Tbsp Parsley
- 2 Tbsp Oil
- Salt & Pepper
- 400g Spaghetti
- Parmesan Cheese

Hob

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



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



THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD THELARDERLANCASHIRE (SOME DER LANCS) (COMPARED DER LANCS)

METHOD

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- 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.
 - . Make the meatballs. In a large bowl, mix the minced beef, Parmesan, chopped garlic, egg yolk, breadcrumbs and 5. 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.

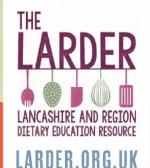
- Heat the olive oil in a frying pan over medium-low heat, add the meatballs and cook, shaking the pan occasionally, for 4-5 minutes or until browned all over. Heat the sauce and stir the meatballs into the pan. Cover and simmer, over medium heat, for a further 15 minutes, until the sauce has thickened and the meatballs are cooked through.
- 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.
- Drain the pasta and serve with the meatballs in tomato sauce, sprinkle with extra grated Parmesan cheese.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING COOKING AND ENJOYING THE RECIPES



PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



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