

Difficulty:

Easy



Time:

30 minutes



Turkey meatballs

with spaghetti



Allergens: milk, gluten, celery

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!

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
Chilli flakes	1/2 tsp	1/2 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 (grated)	2 tbsp	3 tbsp	4 tbsp

AVERAGE COST
PER PERSON

£1.29

Kit list:

- Saucepan
- Frying pan
- Oven dish

Make it your own!

We have suggested spaghetti with this recipe, but you could swap in your favourite pasta if you prefer.

Celebrate Family
Food

Charity no.
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What to do:

Step 1: Place the turkey mince in a bowl along with the diced onion. Then chop the garlic and add to the bowl. Add the chilli flakes and mix it all together.



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 that they cook evenly 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.

Serve: 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



What did you think of this recipe? Colour in the stars to give it a rating!

