

ITALIAN MEATBALLS

LUNCH



INGREDIENTS (x4 Servings)

- 500g (app 20) Italian meatballs
- 1 tbsp olive oil
- 2 shallots, finely chopped
- 3 garlic cloves, chopped
- ½ red chilli, finely sliced
- 400g passata (or 1 tin diced tomatoes)
- 1 tbsp of basil
- 1 tbsp oregano
- 1 tbs Parmesan or grated cheese
(optional)
- salt and pepper to taste

DIRECTIONS

- Heat the olive oil in a pan and gently fry the shallots, garlic and chilli for 2-3 minutes until soft.
- Add passata (or the tinned tomatoes) along with the basil, oregano and let the sauce simmer for 5-10 minutes to reduce and thicken.
- Add the meatballs to the tomato sauce, cover it with the lid and let it simmer for about 8-12 minutes.
- Serve with parmesan or grated cheese

Nutritional Information (per serving): Calories: 293kcal | Protein: 13g | Carbs: 9.5g | Fat: 8.4g