

Spaghetti and Meatballs



CALORIES
414 per serving

PROTEINS
30g per serving

FATS
9g per serving

CARBS
59 g per serving

INGREDIENTS

- 3/4 pound extra-lean ground beef
- 1/3 cup breadcrumbs
- 1 tsp dried oregano
- 1tsp paprika
- 1/2 cup finely chopped onion
- 1 tbsp tomato puree
- 1 oxo beef stock cube
- 1 garlic clove, crushed
- 1/4 cup fresh parsley, finely chopped
- 1 jar low fat Bolognese sauce (Dolmio)
- 200g spaghetti
- 10g Parmesan grated

SERVES: 4

PREP TIME:
10 minutes

COOKING TIME:
25 minutes

METHOD

Preheat the oven to 200 Celsius, line an ovenproof dish or tray with baking parchment and spray with Frylite. In a large bowl combine the minced meat, breadcrumbs, paprika, oregano, tomato puree, garlic and parsley. Mix well.

Roll the mix into balls. Bake in the oven. For 18-20 min. Cook spaghetti/ linguine pasta according to instructions. In a large pan heat up the Bolognese sauce, add the meatballs and simmer until pasta is ready.

Serve with parmesan.

