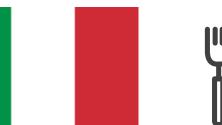# Italian Meatballs with Pasta & Tomato Sauce

Meatballs are always a hit with the kids and these blend the best of Italian influenced flavours. Served with a rich tomato sauce, pasta and fresh, seasonal, steamed vegetables, this is a wholesome and nutritious dish.



**Influence: Italian**

Serves 10 children     70 minutes

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## INGREDIENTS

### Meat balls

Beef, mince, low-fat 500g (2 C)

Cheese, parmesan, finely grated 85g (1 C)

Egg 60g (1 egg)

Breadcrumbs 25g ( ¼ C)

Nutmeg, ground 2g ( ½ t)

Cumin, ground 5g (1 t)

### Sauce

Oil, olive 30ml (1 ½ T)

Onion, chopped 40g ( ½ medium)

Beef, stock, liquid 250ml (1 C)

Tomato, diced, canned (no added salt or salt reduced) 400g (1 can)

Garlic, chopped 4g (1 clove)

Basil, dried 1g (1 t)

Coriander, ground 1g (1 t)

Pepper, ground 1g (3-4 grinds)

Serve with Broccoli, florets 300g (4 C florets)

Pasta, dry 150g (1 C)

Cheese, parmesan, finely grated 85g (2 T)

## DIRECTIONS

1. Mix beef, parmesan cheese, egg and breadcrumbs, nutmeg and cumin into a large bowl. Season to taste. Form mixture into 20 small 30g meatballs.
2. Heat oil in a large fry pan over a high heat. Add meatballs and cook for 3 minutes until golden brown.
3. Remove meatballs from pan and set aside.
4. Add onion and garlic to pan and fry over medium heat for 5 minutes until tender. Add stock and simmer to reduce by ½. Return meatballs to pan with tomatoes and bring to boil. Add basil, coriander and pepper. Cover and cook for 15 minutes or until sauce has thickened.
5. Cook pasta in a large saucepan of boiling water as per instructions. Drain and return to pan. Add meatballs and sauce and toss to combine, then sprinkle with grated parmesan cheese.
6. Steam approximately 4 C broccoli florets. 1 floret= 10g. Serve 3 florets per child with 2 meatballs, one heaped tablespoon of pasta and sauce.

# Allergy Information

Contains: cow's milk protein, egg, wheat.
Some stock powders, cubes and liquids contain wheat and/or soy; as well as containing wheat, some breadcrumbs contain cow's milk protein and/or soy; some pasta contains egg.

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# Childcare RDI Calculator:

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|---|---|---|
| **Fat** | ▬▬▬▬▬▬ | **60 %** |
| **Vegetables** | ▬▬▬▬▬▬▬▬▬ | **100 %** |
| **Meat/Alt*** | ▬▬▬▬▬▬▬▬▬▬ | **110 %** |
| **Cereals** | ▬▬▬▬▬▬ | **60 %** |
| **Dairy** | ▬▬▬▬▬▬▬▬▬▬ | **110 %** |
| **Fruit** | | **0 %** |

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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