

MEATBALLS

WITH 'SPAGHETTI'



REAL MEN
MOVE

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Serving size: 4

INGREDIENTS

MEATBALLS

- 500g lean beef mince
- 1 tsp crushed garlic
- 1 small onion, grated
- 1 apple, peeled and grated
- 1 small carrot, grated
- 125g ricotta cheese, drained
- 1/3 cup fresh breadcrumbs
- cup freshly grated parmesan cheese
- cup freshly chopped parsley

- 1 egg
- 1 pinch of nutmeg
- 1 pinch of paprika
- 4 cups napolitana fresh tomato sauce

SPAGHETTI

- 1 leek, cut into thin strips
- 6 zucchinis, sliced into spaghetti using a mandolin or spiraliser
- 1 tsp olive oil
- black pepper
- squeeze of lemon



INSTRUCTIONS

- Preheat the oven to 180°C. Combine mince, garlic, onion, apple and carrot in a bowl, and mix until all ingredients are combined.
- Add ricotta, breadcrumbs, parmesan, parsley, egg and spices to the bowl and mix until well combined. Shape into meatballs and place into an ovenproof dish.
- Pour tomato sauce over meatballs and cover and bake for ten minutes. Remove lid and bake for a further 15 minutes or until meatballs are cooked through.
- Meanwhile cook the leek in a pan over medium heat with olive oil. Add the zucchini and toss through for a few seconds until warm. Season spaghetti with a little lemon and black pepper, divide between serving plates and top with the meatballs.
- Serve sprinkled with fresh chopped parsley and a little grated parmesan.