

Pork & Veal Meatballs with Penne



NUTRITIONAL INFORMATION

Serves 2

Energy	1536kJ
Fat saturated	3g
Fat Total	10g
Carbohydrate	42g
Dietary Fibre	4g
Protein	21g

INGREDIENTS

1 Brown onion chopped
 250g pork mince
 250g veal mince
 fresh breadcrumbs
 1 egg

chopped basil

METHOD

1. Combine the onion, mince, breadcrumbs, egg, basil and oregano in a large bowl. Season with salt and pepper. Roll tablespoonsful of mince mixture into balls and place on an oven tray. Place in the fridge for 15 minutes to rest.
2. Heat half the oil in a large frying pan over medium heat. Add half the meatballs and cook, turning, for 2-3 minutes or until brown all over.
3. Add the extra onion to the pan and cook, stirring, for 5 minutes or until onion softens. Return the meatballs to the pan with tin tomatoes and passata and water and cook, stirring, for 15 minutes or until cooked through.
4. Meanwhile, cook the pasta following packet directions until al dente. Drain well.
5. Add the pasta to the meatball mixture and toss to combine.

FREEZING INFORMATION

For up to 3 months: Set aside for 15 minutes to cool slightly before placing in fridge for 45 minutes to cool completely. Place serving-sized portions in shallow airtight containers. (If thawing in microwave, they should also be heatproof and microwave-safe.)

To thaw: Place in the fridge for 10 hours (single portion) or 24 hours (whole quantity) or until thawed.

To reheat: Place whole thawed quantity in a large saucepan, cover and bring to the boil over high heat.

Microwave reheating: 1 frozen portion - cover and heat on Medium/ 500watts/50%, stirring every 3 minutes, for 9 minutes or until thawed and heated through.