Baked meatball arrabbiata

- **Egg-free**
- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Shellfish-free**
- **Seafood-free**
- **No added sugar**
- **1 serve Veg or Fruit**

Thanks to ready-made meatballs and a handy jar of arrabbiata sauce, this recipe is on the table in a flash.

- Serves44
- Cooktime25 mins25 minutes
- Preptime10 mins

Ingredients

- 560g Coles Beef & Pork Meatballs

- 1 brown onion, cut into wedges

- 1 tbs olive oil

- 1 zucchini, cut into ribbons

- 1 tbs chopped basil

- 400g jar arrabbiata sauce

- 250g Coles Bakery Stone Baked White Sourdough Vienna*, torn

- 1/2 cup (60g) coarsely grated tasty cheddar

- Basil leaves, to serve

Nutritional information

Per serve: Energy: 3142kJ/752 Cals (36%), Protein: 36g (72%), Fat: 47g (67%), Sat Fat: 18g (75%), Sodium: 1701mg (85%), Carb: 43g (14%), Sugar: 11g (12%), Dietary Fibre 7g (23%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).
Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. **Step 1**

    Preheat oven to 180°C. Place the meatballs and onion in a baking dish and drizzle with oil. Bake for 10 mins or until the meatballs change colour.

2. **Step 2**

    Arrange the zucchini around the meatballs. Sprinkle with chopped basil and pour over the sauce.

3. **Step 3**

    Top meatball mixture with bread and cheddar. Spray with olive oil spray. Bake for 20 mins or until the meatballs are cooked through and the topping is golden brown. Sprinkle with basil leaves and season with pepper.