

# Cheesy skillet baked meatballs

- Kid-friendly
- Nut-free
- Peanut-free
- High in Protein
- High in Dietary Fibre
- No added sugar
- Seafood-free
- Shellfish-free
- Soy-free
- Sesame-free

These beef meatballs are easy-cheesy! Serve up this baked meatballs recipe with a drizzle of basil oil and some crusty bread.

- Serves:4
- Cooktime:35 mins
- Preptime15 mins + cooling and 15 mins chilling time



## Ingredients

- 500g Coles Australian No Added Hormones Beef Mince
- 1 Coles Australian Free Range Egg
- 1 cup (70g) fresh breadcrumbs (made from day-old bread)
- 1 brown onion, coarsely grated

- 2 tsp finely chopped rosemary
- 2 garlic cloves, crushed
- 3 tsp smoked paprika
- 1 tbs olive oil
- 1 brown onion, extra, finely chopped
- 1 carrot, peeled, finely chopped
- 2 celery sticks, finely chopped
- ½ cup (125ml) red wine or chicken stock
- 400g can diced tomatoes
- 1 cup (250ml) tomato sugo or passata
- ⅓ cup (80ml) thickened cream
- 60g pkt Coles Australian Baby Spinach
- ½ cup (50g) shredded mozzarella

### **Basil oil**

- ½ cup basil leaves
- 1 garlic clove, crushed
- ⅓ cup (80ml) olive oil

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**

Place the mince, egg, breadcrumbs, grated onion, rosemary, half the garlic and half the paprika in a large bowl. Stir until well combined. Season.

### **2. Step 2**

Line a baking tray with baking paper. Roll 1-tbs portions of mixture into balls and place on the lined tray. Place in the fridge for 15 mins to chill.

### **3. Step 3**

Preheat oven to 180°C. Heat half the oil in a large ovenproof frying pan over medium-high heat. Add meatballs and cook, turning occasionally, for 5 mins or until brown all over. Transfer to a plate.

### **4. Step 4**

Heat the remaining oil in the pan. Add the chopped onion, carrot, celery, remaining garlic and remaining paprika. Cook, stirring, for 5 mins or until onion softens. Stir in wine or stock. Bring to a simmer. Cook for 1 min or until the liquid reduces slightly. Add diced tomato, sugo or passata and cream. Stir to combine. Bring to a simmer. Remove from heat. Season. Add spinach. Stir to combine.

## **5. Step 5**

Arrange meatballs over the tomato mixture. Sprinkle with mozzarella. Bake for 20-25 mins or until meatballs are golden brown and the sauce thickens slightly. Set aside to cool slightly.

## **6. Step 6**

To make the basil oil, place the basil, garlic and oil in a blender. Blend until smooth. Drizzle over the meatballs.