



## Meatballs and pasta

**Tasty and easy - a real family favourite. If you have time, get the kids to help by rolling the meatballs.**



Time to prepare: 15 minutes



Time to cook: 15 minutes



Serves 6

### Ingredients

- 500 grams lean beef mince
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon soy sauce
- 1 egg, lightly beaten

- 2 slices wholegrain bread, made into crumbs (or 1/2 cup packet breadcrumbs)
- 1 carrot, grated
- 1 jar tomato pasta sauce (500 gram jar)
- 1 can chopped tomatoes
- 1/2 cup water
- 1 bag pasta

## Method

1. Mix together mince, onion, garlic, soy sauce, egg, bread crumbs and grated carrot.
2. Shape into meatballs with damp, clean hands.
3. Lightly spray a non-stick frying pan with a little cooking oil.
4. Add meatballs to hot pan and cook until brown. Turn a few times so meatballs are browned all over.
5. Add pasta sauce, canned tomatoes and water to pan. Simmer for around 15 minutes or until meatballs are no longer pink in the middle. Shake pan occasionally while cooking.
6. While meatballs are cooking, bring a large pot of water to the boil and cook pasta (follow instructions on the packet).
7. Drain pasta.
8. Add meatballs and sauce to pasta. Mix gently so the meatballs don't break apart.
9. Serve with steamed vegetables and a little grated cheese.

Notes

You might also like...



## Crunchy tuna pasta bake

**This super-easy pasta bake makes a great weekday family meal.**

[\(/eat/recipes/crunchy-tuna-pasta-bake\)](/eat/recipes/crunchy-tuna-pasta-bake)



## Easy ways to eat more vegetables

**Try adding one or two cups of frozen vegetables to casseroles, stir-fries and mince recipes.**

[\(/eat/articles/easy-ways-eat-more-vegetables\)](/eat/articles/easy-ways-eat-more-vegetables)





## Satay vegetable stir-fry

**This stir-fry can be whipped up in 15 minutes. Serve with rice or as a tasty side dish!**

[\(/eat/recipes/satay-vegetable-stir-fry\)](/eat/recipes/satay-vegetable-stir-fry)