

Tasty Meatballs

RECIPE BY ROSE STREET PANTRY

SERVES 3-4

INGREDIENTS

- 500g Beef Mince (can also use lamb, pork, chicken mince)
- 4-6 Garlic Cloves, peeled & chopped
- Large pinch of Murray River salt & cracked pepper to taste
- 1 Onion, any type
- 1 Egg or binding agent
- Pasta of your choice (approx. 500g)
- ½ tablespoon of veggie stock powder
- ½ tablespoon of beef bone broth/stock powder
- Fresh Herbs; parsley, basil, rosemary, thyme – one or all
- 2 tablespoons of butter
- Pasta sauce (approx. 750ml)
- 1 Carrot, Zucchini & Apple grated
- 250g mushrooms, any sort – a variety is good
- 3 tablespoons olive oil (Mount Zero)
- Parmesan cheese finely grated (approx. 100g)
- 2 tablespoons of mushroom powder (dried mushrooms blitzed in the blender) – optional

METHOD

- STEP 1** Chop onion and fry in olive oil for approx. 10 minutes with the lid on
- STEP 2** Add butter, herbs and garlic, a pinch of salt and finely chopped parsley stems and fry for a further 5 minutes with the lid on
- STEP 3** In a large bowl combine the well cooked onion and garlic, cracked pepper, mince, mushroom powder, grated carrot, zucchini and apple, egg replacer veggie stock, beef stock powder
- STEP 4** Roll out one small meat patty and fry in the pan to test the flavour. Alter seasoning accordingly and mix contents of bowl well.
- STEP 5** Roll out meatballs and fry in the pan. While they are frying add the mushrooms to the pan and fry with the meatballs adding butter to the mushrooms if you like
- STEP 6** While the meatballs are cooking heat the pasta sauce and boil water to cook your pasta.
- STEP 7** Keep turning the meatballs and mushrooms until they are well cooked.
- STEP 8** Drop the cooked meatballs into the sauce, add half the parmesan, then add the cooked pasta to the sauce. Serve with finely grated parmesan on top