

Low Tomato Bolognese Sauce with meatballs



Serves
4

Ingredients

- 1 tbsp. oil
- 400g minced beef
- ½ large onion, chopped
- ½ tsp ground nutmeg
- 1 carrot, chopped
- 1 celery stick, finely chopped
- 1 garlic clove, finely chopped
- 1 reduced salt chicken or beef stock cube with 200ml water
- 100ml passata
- 10g fresh basil

Method

1. Preheat the oven to 180°C / 160°C Fan / 350°F / Gas mark 4.
2. Divide the 400g of minced beef into 16 evenly sized meatballs and roll them into shape. Then put the meatballs onto a baking tray.
3. Cook the meatballs in the oven for 20 minutes.
4. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
5. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
6. Simmer on a low heat for about an hour. Put the lid of the pan slightly ajar to let out the steam.
7. Add the sauce to the cooked meatballs. Serve with pasta and garlic bread.

Nutritional Information (per portion)

Energy (kcal)	280
Protein (g)	20.9
Potassium (mg/mmol)	455/11.4
Phosphorus (mg/mmol)	176/5.6
Sodium (mg/mmol)	397/17.1

