



Spaghetti with Meatballs & Tomato Sauce

Servings: 4
Total Time: 2 hrs 15 mins
Cooking Time: 1 hr 30 mins
Resting Time: 40 mins (to cool & chill)



INGREDIENTS

For the Tomato Sauce

1 Tbsp extra virgin olive oil
 1 Tbsp butter
 1 onion, peeled & diced
 1 medium carrot, peeled & diced
 2 celery stalks, trimmed & sliced
 1 tsp finely chopped garlic
 1 Tbsp freshly chopped basil
 (or ½ Tbsp dried basil)
 500g fresh & ripe Italian (plum) tomatoes
 ½ tsp finely chopped chillies
 2 Tbsp tomato paste
 410g tin peeled & diced Italian tomatoes
 with juice
 ½ Tbsp Worcester sauce
 freshly ground salt & pepper



For the Meatballs

500g lean beef mince
 1 onion, peeled & diced
 1 green pepper, trimmed & diced
 2 celery stalks, trimmed & diced
 1 Tbsp Worcester sauce
 1 Tbsp tomato sauce
 1 Tbsp barbeque spice
 1 tsp smoked paprika
 1 tsp green onion seasoning
 1 tsp finely chopped garlic
 ½ tsp finely chopped chillies
 1 large egg
 1 Tbsp extra virgin olive oil
 1 Tbsp butter



For the Pasta

200g dried or fresh spaghetti
 1 Tbsp extra virgin olive oil
 150g Parmesan cheese, grated
 150g Cheddar cheese, grated

METHOD

For the Tomato Sauce



In a large frying pan on a high heat, melt the olive oil & butter and fry the onion, carrot, celery, garlic & basil until soft & golden brown.

Dice the tomatoes, stir into the vegetables and fry for 5 mins. Stir in the chillies & tomato paste and cook for 1 min. Stir in the tinned tomatoes (with the sauce) and Worcester sauce, bring the sauce to a boil, reduce the heat to low and simmer covered for 30 mins. After cooling for 10 mins, blend until smooth & season with salt & pepper. Add a little water if too thick.

For the Meatballs

In a large mixing bowl, combine the mince, onion, green pepper, celery, Worcester sauce, tomato sauce, barbeque spice, paprika, green onion seasoning, garlic, chillies and egg together very well.

With your hands, form 8 meatballs, place on a dinner plate & refrigerate for 30 mins. Sprinkle the meatballs with barbeque spice. Melt the olive oil & butter in a large frying pan and fry the meatballs until browned & cooked through. Add to the Tomato Sauce & reheat before serving.

For the Spaghetti

Cook the spaghetti in plenty of boiling water until al dente and then drain.

Coat with olive oil to prevent it sticking together.

To serve, fold portions of spaghetti topped with reheated Tomato Sauce & Meatballs into pasta bowls and sprinkle liberally with grated cheese.

LCHF Use Carb-Free Pasta* or Courgette
B Noodles* instead of spaghetti.

