

Italian Meatballs

Allergens – Wheat, Egg

Ingredients

Quantity	Ingredient
2 kg	Minced Beef (contains Wheat & Egg)
120g	Onions (chopped)
180g	Carrots (grated)
800g	Tinned Tomato
150g	Tomato Puree
50g	Cornflour
15g	Granulated Sugar
600ml	Water
5g	Mediterranean Herbs



Vegetable and Carbohydrate provided is based on the current menu

Method

1. Fry the mince in a dry pan and skim off excess fat.
2. Add the onions, carrots and tomato puree.
3. Add the water and tinned tomatoes with their juice and mix well.
4. Add the garlic and herbs. Cook until meat is tender and sauce is of a thickened consistency.

Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 175.2	= 6.5	= 0.0	= 3.8	= 0.1	= 6.4

Portion size - Primary – 180g

Reviewed July 2018