Tuscan meatballs
RECIPE

Tuscan meatballs



COOK TIME	15 mins
PREP TIME	15 mins
SERVES	4 x

Tuscan Meatballs

INGREDIENTS

- 500 g Lean Beef Mince
- 1 Large Egg
- 1/3 cup Multigrain Breadcrumbs (30 g)
- Canola Oil Spray
- 400 g can No Added Salt Diced Tomatoes
- 1 MasterFoods™ Tuscan Meatballs Recipe Base
- 250 g dry Wholemeal Pasta

METHOD

1. To make meatballs, in a bowl combine mince, egg and breadcrumbs. make balls using a tablespoon of meat.
2. Heat pan on medium. Spray pan with oil, add meatballs and cook until browned, turning often.
3. Add Recipe Base and canned tomatoes, stir through.
4. Simmer uncovered for 5 minutes or until the sauce is heated through.
5. Meanwhile cook pasta and serve with your MasterFoods™ Tuscan Meatballs.
6. Swap the beef mince with lean chicken mince and 100 g grated mushrooms.

Source URL: *https://www.masterfoods.com.au/recipes/tuscan-meatballs*