

# SPAGHETTI & MEATBALLS



## YOU WILL NEED



400g beef mince



1 small onion  
(finely chopped)



1 carrot  
(grated)



1 zucchini  
(grated)



x 400g can tomato  
puree (passata)



1 x 400g can chopped tomatoes



300g spaghetti



40g cheese cheddar  
or parmesan (grated)

## + STAPLES (ALWAYS ON HAND)



fresh basil leaves



1 tsp of crushed garlic  
or 2 garlic cloves (finely chopped)



1 teaspoon (tsp) olive oil



1tsp black pepper & 1tsp salt



1 tsp of oregano

## EQUIPMENT

- Chopping board
- Knife
- Grater
- Peeler
- Medium bowl
- Frying pan
- Tongs
- Serving spoon
- Medium pot
- Colander



NAOMI  
Streetlight Dietitian

## BEFORE YOU JUMP ONLINE...

### A MESSAGE FROM NAOMI

- 1 Get all your ingredients & equipment out on the counter in front of you.
- 2 We will learn about *mise en place* and complete this together before we start the steps.
- 3 Lets give this a go. Worst case scenario – we get to have a good laugh as we learn from our mistakes.

# STEPS

Hi I'm Ben.  
You can follow along online  
as Naomi demonstrates how  
to cook @  
[streetlightcommunity.org/street-eats](http://streetlightcommunity.org/street-eats)



1



Place mince in bowl.  
Add black pepper and salt.  
Mix together.  
Roll mince into 16–20 small balls.  
*(Start boiling the water in a pot on the stove)*

2



Put the oil in a frying pan.  
Turn stove on to medium heat.  
Fry meatballs for 6–8 min,  
turning until browned all over.  
Take them out of the pan and place on a new plate.

3



Put the spaghetti in the boiling water.  
Cook for 10 minutes or until tender  
(according to the pack instructions).

4



Put the onion, garlic, carrot and zucchini into the  
same pan and cook for 4–5 min, until tender.  
Add the two cans (tomato puree and chopped tomato)  
*If you have basil, add half here.*

5



Turn the heat to low for about 5 min (simmering).  
The sauce should change texture.  
Add the meatballs back to the pan and simmer for 5  
minutes until cooked through.

6



Check the pasta is cooked then pour out the pasta into  
a colander to drain the water. Divide the spaghetti  
between 4 plates. Use the tongs to place the  
meatballs and big spoon to pour the sauce. Add  
cheese on top, *and the rest of basil.*

