

Tomato & Basil Meatballs



Recipe supplied by MAGGI.

Ingredients

- 1 packet (100g) MAGGI Italian Plant Based Mince
- 1 tbsp oil
- 1/3 cup (35g) breadcrumbs
- 1 egg lightly beaten
- 1 medium (150g) onion chopped finely
- 1/4 cup (70g) tomato paste
- 1 x can (400g) chopped tomatoes
- 1/3 (25g) bunch of basil, chopped
- 230g dry penne pasta

Method:

1. In a medium bowl place, the MAGGI Italian Plant based Mince along with 1 cup (250mL) water and rehydrate for 10 minutes.

2. Combine MAGGI Italian Plant Based Mince, egg and breadcrumbs mix well together. Form approx. 16 meatballs onto a tray and refrigerate for 10 minutes.
3. Cook pasta according to directions and set aside.
4. Meanwhile, heat a large frypan over medium to high heat. Add oil and gently brown meatballs. Add onion and cook for 2 minutes.
5. Add tomato paste, 1/2 cup (125mL) of water minutes stirring occasionally.
6. Lastly add basil to meatballs sauce, serve over pasta and a green salad if desired. Enjoy!