

Turkey Meatballs in Tomato Sauce

Serves 4

Per Serving

479 Cals

9g Fat

Ingredients:

1 tablespoon vegetable oil
2 garlic cloves, peeled and finely chopped
4 anchovies, drained and finely chopped, Approx small tin
2 tablespoons tomato puree
200g tagliatelle to serve
2 Medium onions, peeled and finely chopped
2 x 400g cans chopped tomatoes
500g Extra Lean turkey mince
1 calorie spray oil

Cooking Instructions:

1. Preheat the oven to 180°C, 350°C, Gas Mark 4. Heat the oil in a medium size saucepan and cook 1 onion until softened but not browned, add 1 garlic clove and cook gently for a further 30 seconds.
2. Add the tomatoes and anchovies and cook gently for 15 minutes, until the mixture thickens. Place the turkey mince, 1 chopped onion, garlic, tomato puree and parsley in a food processor and blend until smooth. Shape into 16, golf ball size rounds. Heat a large frying pan and spray with 1 cal oil, add half the meatballs and cook until brown all over, turning frequently.
3. Once they are brown, remove them from the pan and place on a baking tray in the oven.
4. Cook the other meatballs in the same way and transfer them to the oven for a further 5 -7 minutes. While they are cooking, cook the tagliatelle in a large saucepan of boiling water according to the pack instructions, then drain well.
5. Serve the tagliatelle with the tomato sauce and meatballs.