

Mushroom meatballs in cherry tomato sauce



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Preparation 35 mins + cooling time | Cooking 40 mins | Serves 6

- 2 tbs olive oil
- 250g button mushrooms, finely diced
- 1 small zucchini, grated and squeezed dry
- 2 garlic cloves, crushed
- 500g lean beef mince
- 1 cup fresh wholegrain breadcrumbs
- 1 free-range egg, whisked
- 1 brown onion, finely chopped
- 700ml jar tomato passata sauce
- 250g cherry tomatoes, halved
- 500g spaghetti
- Finely grated parmesan, to serve

STEP 1 Heat 1 tbs oil in a large frying pan over medium heat. Add mushrooms, zucchini and garlic and cook, stirring often, for 4-5 minutes until tender. Transfer mushroom mixture to a plate lined with paper towel. Set aside to cool. Wipe pan clean with paper towel.

STEP 2 Combine mushroom mixture, beef, breadcrumbs and egg in a large bowl. Season with salt and pepper. Roll heaped tablespoons of mixture into small balls. Place in a single layer on a tray lined with baking paper. Cover and refrigerate for 20 minutes.

STEP 3 Heat remaining 1 tbs oil in the frying pan. Cook meatballs in batches, turning often, for 5-7 minutes or until browned. Transfer meatballs to a tray. Drain excess fat from pan. Add onion to pan and cook, stirring often, for 3-4 minutes until tender. Add tomato sauce and cherry tomatoes and bring to the boil. Add meatballs, reduce heat and simmer, stirring occasionally, for 15-20 minutes until meatballs are cooked through.

STEP 4 Meanwhile, cook spaghetti following packet directions. Drain and serve with mushroom meatballs and parmesan.