



COME ON

LET'S  
**DO  
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions  
fruit & veg  
per serving  
**3**

# Turkey meatballs in tomato sauce

For more tasty recipes with a healthy boost, visit  
[lets-dothis.org.uk](https://lets-dothis.org.uk)

Recipe includes a  
healthy boost

Serves 4 | prep 20 mins | cook 20 mins

# Turkey meatballs in tomato sauce

Get the kids involved in making these tasty meatballs. You can serve them with wholewheat pasta, or they're great in a wrap or pitta with salad. And they've got a **healthy boost** of grated vegetables too!

## Ingredients

- 500g turkey mince
- 1 courgette (160g), grated
- 1 slice wholemeal bread, crumbed
- Good pinch white pepper
- 1 egg, beaten
- 1 tsp pure vegetable oil
- 1 large red pepper (160g), finely chopped
- 1 x 400g tin chopped tomatoes
- 1 tsp dried oregano
- 250g wholemeal pasta shapes
- *To serve:* Parmesan shavings to serve (not in nutritional analysis).

## Healthy boost ingredients

- 1 large onion (160g), grated
- 1 large carrot (160g), grated.

## Method

1. Mix together the mince, onion, carrot, courgette
2. Mix the bread, egg and white pepper together then add to the mince
3. Shape into 12 large balls and place onto a baking tray and grill for 7–8 minutes, turning occasionally, until browned and cooked through
4. In a separate pan, add the oil and red pepper and cook for 4–5 minutes
5. Add the tomatoes and oregano bring to the boil then blend until smooth
6. Bring the sauce back to boiling point, add the meatballs, turn down the heat and simmer gently for 3 minutes
7. Meanwhile cook the pasta according to the pack instructions. Put the pasta into serving bowls and top with the sauce.

## Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
<b>188</b>	<b>2.3g</b>	<b>0.5g</b>	<b>4.7g</b>	<b>0.2g</b>
<b>9%</b>	<b>3%</b>	<b>3%</b>	<b>5%</b>	<b>3%</b>

%= an adult's reference intake



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