



Tomato & Oregano Meatballs

Ingredients

- 500 g Lean beef mince
- 1 Egg, beaten
- 35 g Breadcrumbs
- 1 Onion, finely chopped
- 400 g Can Chopped Tomato
- 0.25 cup Red Wine
- 2 cups Cooked pasta
- 1 pkt MAGGI 3 ways – Rustic Italian Base

Instruction

1. Mix together mince, egg and breadcrumbs, shape into 16 balls, each approximately 2.5cm in diameter.
2. Heat 2 tsp oil in pan, brown meatballs, add onion, cook 2 minutes.
3. Add combined tomatoes, $\frac{1}{4}$ cup (60mL) red wine, $\frac{1}{4}$ cup (60mL) water and MAGGI 3 ways – Rustic Italian Base. Bring to boil; cover and simmer 10 minutes or until meatballs are cooked through; stir occasionally. Serve over cooked pasta.

Nutrition

Carbohydrates	58.64 g
Energy	852.14 kcal
Fats	43.15 g
Protein	28.47 g

⌚ 35 Minutes

⊕ 4 16 meatballs for 4 servings