



## Tomato And Basil Meatballs

### Ingredients

- 1 Egg, beaten
- 35 g Breadcrumbs
- 150 g Medium Brown Onion, chopped finely
- 70 g Tomato Paste
- 400 g Can chopped tomatoes
- 230 g Penne pasta
- 1 tbsp Oil
- 1 tbsp Basil

### Instruction

1. In a medium bowl place, empty MAGGI Italian Plant-Based Mince, add 1 cup (250mL) water, stir and leave for 10 minutes until water is absorbed.
2. Combine MAGGI Italian Plant Based Mince, egg and breadcrumbs. Mix well and form approx. 16 meatballs on to a tray and refrigerate 10 minutes.
3. Cook pasta according to directions and set aside.
4. Meanwhile, heat a large fry-pan over medium to high heat. Add oil and gently brown meatballs, add onion, cook for 2 minutes, until softened.
5. Add tomato paste, canned tomato and ½ cup (125mL) of water, bring to a boil, reduce heat to a simmer, and cover, stirring occasionally for 8-10 minutes.
6. Lastly add basil to meatballs sauce, serve over pasta and with a green salad if desired. Enjoy!

### Nutrition

Carbohydrates	63.07 g
Energy	461.64 kcal
Fats	6.56 g
Protein	13.55 g

🕒 35 Minutes

⊕ 4