



250 grams of
vegetables per
serving*

Italian meatballs

In tomato sauce with spaghetti

Today we have a classic favourite on the menu. Delicious spaghetti with meatballs in tomato sauce. Good pasta requires craftsmanship. Our organic wholemeal spaghetti is made by Fattoria Barbagallo, a family business from Sicily. For almost 100 years, the Barbagallos have been making the tastiest Italian pasta by hand from the best durum wheat from Sicily.

30 min | 816 kcal

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CO2 emissions and financial
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ORGANIC INGREDIENTS

1P 2P 3P 4P

Whole wheat spaghetti	<i>g</i>	100	200	300	400
Onion	<i>item</i>	1	2	3	3
Garlic clove	<i>item</i>	0.5	1	1	2
Celery	<i>item</i>	0.25	0.5	1	1
Fresh basil	<i>g</i>	5	5	10	10
Cherry tomato sauce	<i>g</i>	200	400	400	800
Minced beef	<i>g</i>	100	200	300	400

add yourself:

Oil	<i>tbsp</i>	1	2	3	4
Italian herbs	<i>tsp</i>	1	2	3	4
Salt and pepper					

**In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



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PREPARATION

1. Boil a pan of water and add a pinch of salt. Cook the spaghetti in 8-10 minutes al dente. Then drain the water.
2. Peel and chop the onion and garlic. Wash the celery and cut into half moons. Keep some green celery to garnish the dish. Cut the fresh basil into strips.
3. Heat some oil in a frying pan and fry the onion and garlic for 2 minutes. Add the celery and stir-fry for 5 minutes over a medium heat. Add the cherry tomato sauce and leave to simmer, covered, for 10 minutes. Season with salt and pepper.
4. In the meantime, mix the minced beef with half of the basil, Italian herbs, salt and pepper and roll into small meatballs. Heat a dry frying pan and fry the meatballs for about 5 minutes until lightly browned all over. Add the meatballs to the tomato sauce and heat for another 5 minutes.
5. Serve the meatballs in tomato sauce with the wholegrain spaghetti. Garnish with some remaining basil and green celery.

Tip: The sauce is also delicious with some oregano.

Organic



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