

# Italian Meatball and Vegetable Pasta Bake

Recipe provided by Kylie Currell from Niagara Park Children's Centre

Serves 20

\$2.55\* per serve



## Ingredients

1.5kg beef mince  
1 onion, grated  
1 teaspoon crushed garlic  
2 tablespoons tomato paste  
1 tablespoon mixed herbs  
2 zucchinis, grated and cooked  
2 carrots, grated and cooked  
1 x 400g tin chopped tomatoes  
2 tablespoons crushed garlic  
1 x 700ml passata  
1 packet wholemeal pasta  
(spirals or penne), cooked al dente  
2 cups (200g) reduced fat cheese, grated

## Directions

1. Preheat oven to 180 degrees celsius.
2. Combine beef, onion, garlic, tomato paste and mixed herbs and roll into desired size meatballs.
3. Place on an oven tray and bake for 30 minutes or until cooked through.
4. Combine the remaining vegetables, cooked pasta and meatballs and place in an oven proof dish.
5. Top with the grated cheese and bake for a further 30 minutes.

### To serve:

Serve with a garden salad.

### Helpful hints:

The meatballs can be made in advance and refrigerated or frozen until ready to cook. Always make sure meatballs are cooked through before serving.

### ***nutrition notes***

Food groups per child serve: 1 serve of Vegetables, 0 serves of Fruit, 1 serve of Breads & Cereals,  $\frac{3}{4}$  serve of Meat & Alternatives,  $\frac{1}{4}$  serve of Dairy.

Type of protein = red meat.

Number of extra iron containing foods needed over the day = 1.

Extra iron containing foods in this recipe: wholemeal pasta.

\*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost