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PASTA WITH MEATBALLS

SERVES 2

Ingredients

Sauce

50ml olive oil
½ brown onion, peeled and sliced
1 clove garlic, peeled and sliced
Diced tomatoes, 400gm can
6 -8 leaves Tuscan cabbage / Kale stems, roughly chopped
Cumin seeds, ½ teaspoon
Medjool dates 3, pitted and chopped
Whole blanched almonds, 50gm
Gluten free pasta, 100 gm
Basil leaves, 5
Parsley sprigs

Meatballs

300gm Pork Mince
80 gm breadcrumbs, fine
1 egg
Salt & Pepper to taste

Method

1. In a medium sized bowl, mix the mince, breadcrumbs, egg, salt and pepper together until well combined.
2. Roll in to evenly shaped balls about the size of a golf ball size. You should have around 8-10 balls.
3. Add pasta to a large pot of salted boiling water and cook until al dente (refer packet for timings).
4. Meanwhile, add the olive oil to a large, hot pan and seal off the meatballs until browned evenly.
5. Add the onions, garlic, almonds and cumin seeds to the pan and mix through. Add the dates and stir through.
6. Finally, add the kale and tomatoes and turn the heat down and simmer for 5-10 minutes or until sauce has thickened slightly (Should coat the back of a wooden spoon).
7. Remove the sauce from the heat and add the cooked, strained pasta.
8. Roughly tear the herbs and fold through.

