



Spicy Meat ball pasta with tomato sauce

Ingredients

- g Beef, mince lean
- g Potatoes, mashed, ready-to-eat
- g Garlic, Raw
- g MAGGI Sweet Chilli Sauce
- g Parsley, Fresh
- g Onions, Raw
- 1/2 1/2 tsp Salt, Table
- tbsp Oil, corn, industrial and retail, all purpose salad or cooking
- g Tomatoes, Crushed, Canned
- g Beef Stock
- g Pasta, whole-wheat, dry

Instruction

1. Heat the oven to 180 °C. Combine beef mince, Maggi mash powder, Maggi Chilli sauce, parsley and season with salt and pepper. Shape into 20 x 30 grams meat balls
2. Heat the oil in a frying pan, sauté onions and add meatballs, cook for about 4 minutes, turning until golden brown on all sides.
3. Add Tomato puree, a touch of Maggi chilli garlic sauce and simmer for 5 minutes, Set aside.
4. Cook Pasta according to the packet instruction until al dente (firm to the tooth)
5. Drain and add to the Marinara sauce, and stir until evenly coated.
6. Finish off by garnishing with fresh chopped parsley and serve

Nutrition

Carbohydrates	63.18 g
Energy	487.24 kcal
Fats	13.05 g
Protein	33.12 g

29 Minutes

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