

# Spaghetti & Meatballs

## Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 1 onion, finely chopped
- 1 pepper
- 1 x tin chopped tomatoes
- 60g feta cheese
- 500g mince (any mince will do, needs to be defrosted)
- 400g spaghetti
- Salt and pepper to season

## Method

- 1.** Make your meatballs in a bowl by combining the mince with salt and pepper and any other seasoning or spice you fancy. Knead and roll into small balls. These can be cooked in an air fryer, on a pan or in the oven for 12 minutes.
- 2.** Meanwhile, in a large frying pan heat your oil and add your onion and pepper. Stir fry until they begin to soften. In a separate pan, cook your spaghetti as per the instructions.
- 3.** Add in your chopped tomatoes (and any other veg you fancy) bring to the boil and simmer for 5 minutes.
- 4.** When your meatballs are ready, add into the pan and stir. Use a ladle of the spaghetti water to the pan before draining the pasta and placing to one side.
- 5.** Wait a couple of minutes before serving and topping with crumbled feta cheese.

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## The Finer Details

**Per Portion**  
**432** Calories  
**42g** Protein  
**40g** Carbs  
**6g** Fat

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