



Attract & Engagement Team

Ingredient's required: - Meatballs & Gnocchi

- Rapeseed oil
- 500g Square sausage/ Burger/ minced beef
- 1 x Capsicum
- 1 x Onion
- 3 x Mushrooms
- Tomato Puree
- Garlic Paste
- 2 x tins chopped Tomatoes
- 1 x packet Gnocchi
- 2 x Stock Cubes
- Pinch of Dried Oregano
- Pinch of fresh Basil
- Balsamic glaze
- 100g Spinach
- 75g Low Fat Grated Cheese, grated
- Salt & Pepper to season

Method

- Peel and chop onion into small dice, then slice and chop pepper & slice mushroom.
- Mould meat into even sized balls, not too big.
- Heat pan, with drizzle of oil, when hot add meatballs and colour.
- Once coloured add chopped vegetables cook for couple of minutes.
- Add Tomato puree, then garlic stir, add oregano and splash of Worcester sauce.
- Add Tomatoes & Stock cubes stir in and then drop in Gnocchi
- Pour in can of water to let down, bring up to boil and then simmer.
- Add fresh basil and squirt of Balsamic Glaze continue to simmer for around 10 mins.
- Drop in spinach and stir, once wilted add cheese and check seasoning.
- Remove from heat and serve.