

## GRAB and GO

### Meatballs and Pasta Pot

*Meatballs cooked in tomato and basil sauce with peas and sweetcorn served on a pot of pasta*

#### Ingredients

480g	40 x 12g <b>Great British Chicken Meatballs</b> (GG code 7220)
1 litre	tomato and basil sauce, ready to use
200g	frozen peas
200g	frozen sweetcorn
500g	pasta twirls (dry weight)

#### Method

1. Place the frozen **Great British Chicken Meatballs** in a baking tin with tomato and basil sauce. Add the frozen peas and sweetcorn. Cover with a lid or foil.
2. Bake for 25-30 minutes at Gas 6/200 °C/400 °F (less for convection ovens).
3. Cook the pasta twirls in boiling water according to manufacturer's instructions. Drain.
4. Portion the pasta into serving pots and spoon over the meatballs and sauce.

#### Serving instructions

Could be served as a main meal with pasta and seasonal vegetables of the day.

#### Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
<b>125.5</b>	<b>3.0</b>	<b>0.6</b>	<b>20.6</b>	<b>1.1</b>	<b>1.3</b>
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
<b>5.8</b>	<b>1.0</b>	<b>0.7</b>	<b>20.1</b>	<b>11.4</b>	<b>2.8</b>
Folate (µg)	Sodium (mg)	<b>makes 10 x 265g portions</b>			
<b>17.0</b>	<b>165.8</b>				

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