

COMPLETE MEAL

Rustic Meatballs and Pasta

Meatballs cooked in gravy with tricolour pasta and seasonal vegetables

Ingredients

480g	40 x 12g Great British Chicken Meatballs (GG code 7220)
500ml	gravy, low salt, made up
500g	tricolour pasta
300g	runner beans
300g	baby carrots

Method

1. Place the frozen **Great British Chicken Meatballs** in a baking tin with the made up gravy. 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. Cook the vegetables in enough boiling water to cover until just soft or, alternatively, steam. Drain.
5. Serve the **Great British Chicken Meatballs** with the pasta and vegetables.

Serving instructions

Could be served as a grab and go item. Place a portion of pasta in a pot and top with the meatballs in gravy.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
125.0	3.4	0.6	19.9	0.3	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.6	0.8	0.7	17.8	155.8	3.5
Folate (µg)	Sodium (mg)	makes 10 x 230g portions			
14.8	138.3				

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