



This Yellow Sticker pack of Turkey Breast mince was £1.29. Probably the least inspiring and dry mince you can get? Well actually not.

Meatball Ingredients:-

750g of Turkey Mince
50g of Gluten free bread, wuzzed into Breadcrumbs
25g of Italian Style hard Cheese, grated
1 Onion, finelt diced
1 Egg, beaten
3 Cloves of Garlic, minced
1 Tbsp of fresh Parsley, chopped
1 Tbsp of fresh (Foraged!) Chives, chopped
1 Tbsp of Milk (Lactose free for us)
2 Tbsp of Margarine
1 Tsp of Olive Oil
Salt & Pepper to season

Sauce Ingredients:-

1 Tin of Chopped Tomatoes + Water
1 Tbsp of Tomato Puree
2 Tbsp of Red Chilli Sauce (Sue?s secret, until I type the recipe up!)
1 Onion, diced
3 Cloves of Garlic, minced
1 Tsp of Mixed Dried Herbs

Oil to fry

Salt & Pepper to season

Sufficient Spaghetti to serve two, cooked according to the packet (Gluten free for us)

Method:-

- (1) Combine all the Meatball ingredients and roll into small balls.
- (2) Heat Oil in a frying pan on a medium heat and fry the meatballs until golden brown on all side and cooked through, turning as required.
- (3) In a separate pan add Oil and fry the Onions until softened.
- (4) Add the Garlic and fry for a further minute.
- (5) Stir in the Tomato Puree, Red Chilli Sauce, mixed Herbs and season with Salt & Pepper.
- (6) Add the Tinned Tomatoes and half a Tin of Water and allow to simmer for 20 minutes, stirring occasionally.
- (7) Cook the Spaghetti and drain.
- (8) Serve the Spaghetti an plates, top with half of your Sauce.
- (9) Add the Meatballs and then dress with the remaining Sauce.
- (10) Garnish with Grated Italian Style Hard Cheese and fresh Parsley.

It fed both of us, Smooch the Cat and the Foxes. Not bad going and I?m guessing all humans and animals enjoyed it. There was certainly nothing left in the morning!