

QUORN®, LEEK AND SAGE MEATBALLS WITH PASTA (V)

A tasty and filling pasta meal. The recipe also works well with beef, chicken or pork mince.

Serves 4

Per serving: 390 calories, 7.7g fat

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

500g Quorn® mince
2 leeks, finely chopped
1 garlic clove, crushed
1 tbsp finely chopped sage
1 tbsp wholegrain mustard
1 tsp vegetable stock powder
1 egg, beaten
500g tomato passata
1 tbsp chopped fresh basil, plus extra for the garnish
1 tsp runny honey
200g (dry weight) pasta shapes
freshly ground black pepper
10g low-fat mature cheese to serve

METHOD

1. Place the Quorn® mince in a mixing bowl. Add the leeks, garlic, sage, mustard and stock powder and mix well. Mix in the beaten egg, then divide the mixture into 20 golfball-sized balls.
2. Preheat a non-stick pan sprayed with Frylight rapeseed oil then dry-fry the meatballs, browning them on all sides. Add the tomato passata, 1 tbsp of basil and the honey and season with black pepper.
3. Meanwhile, cook the pasta in a pan of boiling water, then drain well and transfer to warmed serving bowls.
4. Spoon the sauce on top and garnish with the remaining basil and a little grated low-fat mature cheese.

