

nourish

Spaghetti & Meatless 'Meatballs'

'Meatballs'

2/3 cup cottage cheese
2 tablespoon grated Parmesan (optional)
1 cup breadcrumbs
2 eggs, lightly beaten
½ cup chopped nuts
1 onion, finely diced
¼ cup quick oats
1 clove garlic, crushed

1-2 tablespoons oil
400g tin tomato soup
400g tin Italian chopped tomatoes
400g spaghetti
½ cup chopped basil leaves, to serve
Extra grated parmesan, to serve

1. Mix all 'meatball' ingredients together. Form into flattened balls. Heat oil in a large saucepan over medium heat and fry 'meatballs' on both sides until lightly browned.
2. Combine tomato soup and chopped tomatoes.
3. Place fried 'meatballs' into a large baking dish and cover with tomato mixture. Bake in moderately hot oven for 20-30 minutes.
4. Cook spaghetti according to packet directions. Drain and divide between four bowls. Top with 'meatballs' and sauce. Garnish with basil and extra Parmesan.

Alternatives:

- You can serve the 'meatballs' without the pasta. Omit the chopped tomatoes and bake with tomato soup.
- Replace the basil with fresh parsley.