

THE MANY WAYS TO SERVE MEATBALLS

GARDEN GOURMET® Vegan Meatballs are easy to prepare and pair perfectly with rich sauces, absorbing the delicious flavours. Whether you're creating traditional pasta mains or appetising starters, this tasty plant-based solution means you can offer your diners more exciting options.

VEGAN MEATBALLS PASTA ARRABBIATA

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10 | 25 mins | Easy

21.2g Protein **per serving***

*protein analysis per 412g serving

INGREDIENTS

GARDEN GOURMET® Vegan Meatballs	50
MAGGI® Rich & Rustic Tomato sauce	900g
Olive oil	40 ml
Fresh red chillies, deseeded and chopped	50g
Fresh green chillies, chopped	50g
Fresh basil, torn, leaving some to garnish	20g

TO SERVE

Wholemeal spaghetti, cooked	1 kg
Olive oil (for cooking spaghetti)	20 ml

Chopped basil 40g

SIDE SALAD

Baby gem lettuce, sliced	800g
Baby plum tomatoes, halved	200g
Cucumber, sliced	200g
Carrot ribbons	100g
Red pepper, sliced	100g
Beetroot, sliced	150g



Serving Suggestion

PREPARATION METHOD

- Cook the wholemeal spaghetti according to the packet instructions in boiling water and olive oil.
- Heat the oil in a cooking pot, add the chillies and garlic then fry for 5 minutes over a gentle heat until they start to brown.
- Add the MAGGI® Rich & Rustic, bring to the boil and season to taste.
- Add the GARDEN GOURMET® Vegan Meatballs and most of the basil (leave a few sprigs to garnish), cook for 10 minutes on a medium heat.
- Mix the cooked pasta with the arrabbiata sauce and serve in a dish, placing the meatball on top.
- Decorate with the torn basil.
- Serve with the prepared salad on the side.

Each portion typically contains:

Energy 1715 kJ 409 kcal	Fat 12.8 g	Saturates 1.8 g	Sugars 13.0 g	Salt 1.66 g
20%	18%	9%	14%	28%

of an adults Reference intake (RI)*
Energy per 100g: 416 kJ/99 kcal.

CHEF'S TIPS

- Retain 100mls of the water used to cook the spaghetti in. Use the water to let down the arrabbiata sauce as required.
- Use vegan parmesan cheese to grate on top of the dish for added flavour and decoration.
- Refer to pack for more cooking instructions of GARDEN GOURMET® Vegan Meatballs.