

Herby Scotch Lamb Meatball Spaghetti

Serves

4

Prep Time

10 - 15 mins

Cooking Time

20 mins



Ingredients

- 500g Scotch Lamb Mince
- 1/2 Onion
- 1 Heaped tsp of Dried Oregano
- 50g White Breadcrumbs
- 2 Garlic Cloves
- Sea Salt and Black Pepper
- 400g Tin of Chopped Tomatoes with Herbs
- 1 to 2 Vegetable Stock Cubes
- 150ml Boiling Water
- 1/2 Courgette
- 2 Mini Peppers
- Rapeseed Oil to Fry
- 280g Dried Spaghetti

Cooking Method

- 1 - Preheat the oven to 200c/400f/gas 6
- 2 - Finely chop the onion and garlic
- 3 - In a large bowl add the minced lamb, chopped onion, garlic, oregano and breadcrumbs, season with salt and pepper
- 4 - Mix well then divide into 16 and roll into balls ? approx 30g each
- 5 - Saute the meatballs in some rapeseed oil for 10 mins, stirring as you fry, then transfer to the oven to cook for 5 mins
- 6 - Pour the boiling water over the stock cubes and stir well
- 7 - Blend the stock and tinned tomato till smooth
- 8 - Chop the peppers finely ? discard any white pith or seeds and grate the courgette
- 9 - Put the chopped peppers, tomato sauce and grated courgette into a pan and heat through
- 10 - Meanwhile cook the spaghetti in some salted boiling water with a little oil for about 10 mins or as long as instructed on the pack and drain well
- 11 - Serve the meatballs on a bed of spaghetti topped with the tomato sauce



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