

Lemon and Herb Pork Meatballs with Tomato Sauce

Pork is a rich source of Vitamin B12

Serves: 10

Cooking time: 12 minutes

Preparation time: 30 minutes

Ingredients:

1.5kg (3lb 5oz) lean pork mince
2 medium onions, finely chopped
50g (2oz) finely grated lemon rind
15ml (4tsp) lemon juice
85g (3oz) flat leaf parsley, finely chopped
28g (1oz) dried oregano
30ml (2 tbsp) oil
2 x 500ml bottled Italian tomato cooking sauce
1.5kg (3lb 5oz) cooked spaghetti for serving

Preparation:

1. Combine in a bowl the pork lean mince, onion, lemon rind and juice, parsley and oregano.
2. Mix together well, then shape into 50 evenly size balls and place onto a tray and cover and chill for 30 minutes.
3. Heat the oil in a large frying pan over a medium heat and cook the meatballs for 10 minutes, turning occasionally to lightly brown.
4. Add the sauce and cook a further 3-4 minutes to heat sauce through.
5. Serve with cooked hot spaghetti and a side serving of salad.

Offer grated Parmesan Cheese for those wanting it.

Nutritional information:

Typical values per portion

1796 kJ/426kcal
41g protein
43g carbohydrate
of which sugars 9g
10g fat
of which saturates 2.5g
4.0g fibre
1.55mg thiamin
1.5mg vitamin B12
3.82mg iron
4.14mg zinc
0.5g sodium (1.25g salt equivalent)

1 portion of fruit and vegetables per serving

GDA percentage per serving

Energy 21%

Fat 14%

Saturated fat 13%

Carbohydrate 19%

Total sugars 10%

Protein 90%

Fibre (NSP) 21%

Salt 22%