

PASTA BALLS AND MEATY SAUCE

Serves 5

INGREDIENTS

For the pasta balls:

½ packet (250g) Fatti's & Moni's Bellissimo Linguine
½ cup cream cheese
1 egg, beaten
½ cup grated white cheddar
1 cup breadcrumbs
3 tbsp roughly chopped parsley
Vegetable oil, for frying

For the meaty sauce:

1 onion, diced
2 cloves garlic, crushed
500g beef mince
2 tins (400g each) tomato purée
2 tbsp tomato paste
2 tbsp sugar
1 tsp each salt and dried oregano
2 bay leaves

Serving suggestion:

Finely grated hard cheese
Fresh basil

METHOD

For the pasta balls:

1. Cook the Fatti's & Moni's Bellissimo Linguine according to the package instructions, until al dente (just tender).
2. Drain the linguine and place in a large bowl to cool. **Chef's Tip: Do not rinse the pasta. The starch will ensure that the linguine sticks together to form the balls.*
3. Soften the cream cheese and whisk in the egg. Add the cheddar, the breadcrumbs and the parsley. Add this to the linguine and mix well. Ensure the pasta is well coated.
4. Use an ice-cream scoop or large spoon to scoop out a good portion of the mixture and press against the side of the bowl to cut off any straggling noodles.
5. Press the pasta tightly into your hand to mould into a ball. Repeat until you have about 15 pasta balls.
6. Place the balls on a tray and chill in the fridge for 15-20 minutes

