



Spaghetti and balls

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Ingredients

- 1 med Onion
- 1 Sweet pepper(yellow or red)
- 200 g Mushrooms
- 15 g Basil
- 1 tin Chopped Italian tomato (400 g)
- 1 tsp Cumin
- 1 tsp Mild yellow curry
- 30 Vegetarian 'meat' balls (recipe on website under side dishes other)
- Red chili (to taste)
- Salt (to taste)

Method

- Fry chopped onion in olive oil but don't brown onion.
- Slice mushrooms and roughly cut sweet pepper and set aside.
- Add spices and fry until it change color.
- Add Italian tomato and ½ a cup of water.
- Add peppers and mushrooms and simmer.
- Remove from heat and add chopped basil.
- Add 'meat' balls to sauce and cover.
- Allowing to stand a few minutes before serving.
- Cook spaghetti following instruction on packet.

Serve hot on spaghetti.

Serve 6 portions.

