

## Classic Italian Meatballs

This classic dish is perfect for any time of year and can be made with your choice of meat. Tuck in and enjoy!

**Serves: 2**

per serving: 295 kcal, 34g protein, 24g carbs, 7g fat, 4g fibre

### **Ingredients:**

220g extra lean minced lamb  
1 heaped tbsp Italian seasoning  
½ tsp cayenne pepper  
3 tbsp low-fat plain yoghurt  
120ml beef stock or [LighterLife Savoury Broth](#)  
1 red onion, finely chopped  
400g canned chopped tomatoes  
3 tbsp balsamic vinegar  
100g baby spinach  
100g button mushrooms, finely sliced  
80g cherry tomatoes, halved

### **Method:**

Mix the lamb, Italian seasoning, cayenne pepper and yoghurt in a bowl. Divide into 16 pieces and shape into balls.

Heat 3 tbsp of the stock in a deep, non-stick saucepan and add the onion. When softened, add the canned tomatoes, 1 tbsp balsamic vinegar and the rest of the stock. Simmer for 20-30 mins, until the sauce has slightly thickened.

Add the meatballs, and simmer for around 1 hour, until cooked through (don't stir for the first 10 mins to avoid breaking up the meatballs).

Meanwhile, make a salad with the spinach, mushrooms and cherry tomatoes, drizzle with the remaining balsamic vinegar and serve with the meatballs.

### **Tip**

Instead of lamb, try this with 250g lean minced beef, max 5% fat (293 kcal, 35g protein, 24g carbs, 7g fat, 4g fibre per serving). For a spicier version, instead of the Italian seasoning, instead use ½ tsp cinnamon, ½ tbsp ground coriander, ¼ tsp grated nutmeg and ¼ tbsp ground cumin.

