



Spaghetti & Meatballs Recipe – Shopping List

Serves 2

	x1 400g/14oz tin of plum tomatoes
	Half a small onion
	5-10 fresh basil leaves
	2 teaspoons of tomato paste/purée
	100g/3.5oz minced/ground beef
	1 egg
	300g/10.5oz crusty bread (a little stale if possible – but <i>not</i> mouldy!)
	4 tablespoons of grated parmesan cheese
	Tin of dried breadcrumbs
	200g/7oz spaghetti/linguini
	Salt, pepper & extra virgin olive oil