



## Recipe Card

# Penne And Meatballs



Serves: 4



Cooking Time 30 minutes



Level: Capable



## INGREDIENTS

500g extra lean beef mince  
1 medium zucchini, grated  
1 small carrot, grated  
1 small brown onion, grated  
4 button mushrooms, grated  
2 tablespoons grated parmesan cheese  
800g can no-added-salt crushed tomatoes  
375g penne rigate  
Chopped fresh flat-leaf parsley, to serve

## PREPARATION

1. Preheat oven to 180C/160C fan-forced. Grease a 5cm-deep, 18cm x 20cm (base) baking dish.
2. Combine mince, zucchini, carrot, onion, mushroom and cheese in a bowl. Roll 1 tablespoon mixture into a ball. Place in prepared dish. Repeat with remaining mixture. Top with pasta sauce. Bake for 30 minutes or until meatballs are cooked through.
3. Meanwhile, cook pasta in a large saucepan of boiling, salted water, following packet directions, until tender. Drain. Divide pasta between plates. Top with meatball mixture. Sprinkle with parsley. Serve.