



Spaghetti & Quorn Vegetarian Swedish Style Balls

Serves: 4

Ingredients:

300g Quorn Swedish Style Balls

For the tomato sauce

1 tsp olive oil

1 white onion, finely chopped

2 garlic cloves, crushed

1 tbsp balsamic vinegar

50ml red wine (optional)

75g tomato puree

400g chopped tomatoes

300ml reduced salt vegetable stock

Salt and pepper

To serve

300g spaghetti

Vegetarian parmesan cheese

Fresh basil leaves

Method:

To make the sauce:

1. Heat the olive oil in a saucepan. Add the chopped onion and sauté for 5 minutes.

2. Add the crushed garlic and cook for 1 minute.
3. Add the balsamic vinegar and red wine, reduce for 1 minute.
4. Add the tomato puree, chopped tomatoes, and vegetable stock. Simmer for 20 minutes.
5. Meanwhile, pre-heat the oven to 200°C /180°C(fan)/gas mark 6. Place the Quorn Swedish Style Balls onto a baking tray and cook for 20 minutes.
6. To serve, cook the spaghetti as per pack instructions, drain and set to one side.
7. Season the tomato sauce with salt and pepper, add the cooked Quorn Swedish Style Balls and toss to coat.
8. Serve the spaghetti with a dollop of meatballs and tomato sauce. Garnish with vegetarian parmesan and fresh basil leaves.