



Spaghetti and NO MEATBALLS

cooking time: 45min

Naturally CHOLESTEROL FREE

serves
4-6



Ingredients

- 1 pack Fry's Asian Spiced Burgers, chopped into small cubes
- 3 sprigs of Fresh rosemary. Remove twigs and chop leaves into fine pieces
- 8 Cream crackers, smash into powder form in plastic bags
- 2 heaped teaspoons Dijon mustard
- 1 heaped teaspoon Dried oregano
- 40ml water
- Sea salt & Ground black pepper
- Olive oil
- 1 bunch Fresh basil
- 1 Medium onion, finely chopped
- 2 cloves Garlic, finely chopped
- ½ fresh or dried Red chilli, finely sliced
- 2x400g tinned chopped Tomatoes
- 2 tablespoons Balsamic vinegar
- 1 teaspoon Brown sugar
- 400g dried Spaghetti or penne
- Vegan Parmesan cheese, for grating (optional)

an ode to the spaghetti kiss

Method

Add chopped rosemary and finely smashed cream crackers to a mixing bowl with the mustard, Fry's burger cubes, and oregano. Add water a good pinch of salt and pepper.

Scrunch and mix up well. With wet hands, roll the mix into little meatballs – you should end up with 24-28 balls. Drizzle them with olive oil and jiggle them about so they all get coated. Put them on a plate, cover and place in the fridge until needed.

Heat some olive oil in a large frying pan on a medium heat. Add onion and stir until softened and lightly golden. Add garlic and chilli (optional), and as soon as they start to get some colour add the basil leaves. Add the tomatoes, balsamic vinegar and sugar. Bring to the boil and season to taste. Heat another large frying pan and add a lug of olive oil and your meatballs. Stir them around and cook for 8-10 minutes until golden

Add the meatballs to the sauce and simmer until the pasta is ready, then remove from the heat. Add the pasta to the boiling water and cook according to the packet instructions. Saving some of the cooking water, drain the pasta in a colander. Return the pasta to the pan. Spoon half the tomato sauce into the pasta, adding a little splash of your reserved water to loosen. Serve on a large platter, or in separate bowls, with the rest of the sauce and meatballs on top. Sprinkle over the small basil leaves and some grated Vegan Parmesan (optional).

