



Everything
But The Chef

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Italian Chicken Meatballs with Rosemary Sugo

The epitome of a classic and comforting Italian feast! These spheres of deliciousness are created by only the best meat our friends at Nonna's have to offer. Coupled with rosemary infused fruity sugo and a kick of chilli, this dinner is enough to make even the most traditional Italian envious.



Prep: 5 mins

Cook: 30 mins

Total: 35 mins



level 1



Garlic



Brown Onion



Chicken Mince



Rosemary



Birdseye Chilli






Diced Tomatoes




Tomato



Penne

| 2P | 4P | Ingredients |
|---------|-----------|---|
| 300 g | 600 g | Nonna's Italian chicken mince |
| 2 | 4 | garlic cloves, peeled & crushed  |
| 1/2 | 1 | brown onion, diced  A |
| 1 bunch | 2 bunches | rosemary, leaves picked |
| 1 | 2 | birdseye chilli, diced  |
| 1 tin | 2 tins | diced tomatoes |
| 1 | 2 | tomato, chopped |
| 1/4 cup | 1/2 cup | white wine (optional)* |
| 200 g | 400 g | penne pasta |

 May feature in another recipe

* Good to have at home

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 2460 | Kj |
| Protein | 42 | g |
| Fat, total | 21.3 | g |
| -saturated | 10.6 | g |
| Carbohydrate | 52.1 | g |
| -sugars | 9.6 | g |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



1 Roll the **Nonna's Italian chicken mince** into evenly shaped meatballs and set aside on a tray in the fridge for later.



2 Heat some oil in a pan over a medium-high heat. Add the **garlic** and **onion** and cook for about **2 minutes**. Add the **rosemary, chilli,** and the prepared meatballs and cook for about **5 minutes** or until the meatballs are browned. Add the **diced tomatoes, chopped tomato,** and **white wine**. Cook for a further **10 minutes** over a very low heat, season with **salt, pepper** and a little **sugar**, to taste. If it starts to look a little dry don't hesitate to add a dash of water.



3 Meanwhile, in a large pot bring some salted water to the boil. Add the **pasta** to the boiling water and cook for approximately **10 minutes** or until al dente, stirring regularly to ensure the pasta does not stick. Strain and then refresh the pasta with a bit of cold water to stop it from sticking.



4 Divide the pasta between bowls and top with the Italian chicken meatballs and sauce.

Did you know? In Roman mythology it is believed that Vulcan, the god of fire, created a device that made strings from dough. This is the earliest reference to a pasta maker!