



## midnight meatballs

RECIPE BY **ANGELA LEE**

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**SERVES 4 | PREP 15 MINS | COOK 20 MINS**

1 cup brown rice puffs

500g lean beef mince

Salt and pepper

2 large eggs

60g sharp Parmesan cheese, grated finely

1½ cups gluten-free low FODMAP spiral noodles

Basil leaves

60g tasty cheese, cut into stars

### SAUCE

2 cups passata

1 tablespoon brown sugar (optional)

1 large carrot, finely grated

1 small zucchini, finely grated

Pinch pepper

- 1 Place the rice puffs in a snap lock bag, remove the air and close. Use a rolling pin to gently roll over the bag until the rice puffs resemble a fine crumb.
- 2 Add the crumbs to a mixing bowl with the mince, salt and pepper, eggs, Parmesan cheese and mix well.
- 3 Roll meat mixture into meatballs the size of a 20 cent coins and set aside on a plate, refrigerate for 20 minutes.
- 4 In a large frying pan add the passata, pepper, grated vegetables and brown sugar and heat. Add the meatballs to the pan and cook on low heat for 15-20 minutes, turning meatballs over after 10 minutes.
- 5 Bring a large saucepan of water to the boil, add the pasta and cook for 8-10 minutes or until al dente, drain.
- 6 Serve and garnish with basil leaves and cheese stars.

**NOTE** This recipe makes around 25 to 30 small meatballs, if you use a mini-ice cream scooper or small spoon.