

These incredible plant based meatballs are so meaty and versatile they can be a great grab and go option or perfect with pasta.

**EDUCATION SECTOR: PRIMARY AND SECONDARY**

**SERVINGS: 10\***

**ALLERGENS: GLUTEN AND MILK**



# Beetroot & Mushroom Meatballs

## Ingredients

### FOR THE MEATBALLS

50g Margarine  
500g Mushrooms  
500g Onion  
1kg Beetroot  
380g Fresh breadcrumbs 50/50  
30g KNORR Professional Vegetable Powder Bouillon  
150g Grated cheddar

### FOR THE SAUCE

160g KNORR Professional Bolognese Sauce Mix  
1ltr Water

### TO FINISH

600g Spaghetti



## Method

### FOR THE MEATBALLS:

- Peel and roughly chop the onion then place into a blender along with the mushrooms.
- Blitz a few times to make a small dice then sauté in the margarine for 5 minutes.
- Once the mix has softened slightly, pour into a mixing bowl, and allow to cool.
- Peel and grate the beetroot then squeeze out some of the juice and add to the bowl along with the KNORR Professional Vegetable Powder Bouillon, breadcrumbs, and cheese.
- Mix then shape into meatballs and chill for 30 minutes.

### FOR THE SAUCE:

- Bring the water to the boil then whisk in the KNORR Professional Bolognese Sauce Mix.
- Simmer for 2 minutes then cover until needed.

### TO FINISH:

- Place the meatballs onto an oven tray lined with parchment paper and bake at 170°C for 20 minutes.
- Cook the pasta in boiling water for 10 minutes then drain and then place back into the saucepan.
- Pour the bolognese sauce onto the pasta and gently mix to ensure all pasta is coated then add the meatballs and spoon into serving dishes.