

# Spaghetti and meatballs



## Ingredients

## Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Oil	2ml	3ml	4ml
Onion	35g	45g	60g
Garlic, crushed	9g	12g	16g
Canned crushed tomatoes	920g	1240g	1640g
Salt	1.6g	2.2g	2.9g
Sugar	7g	10g	13g
Italian herbs	0.8g	1.1g	1.4g
Beef stock powder	3.2g	4.4g	5.7g
Worcestershire sauce	3.2ml	4.4ml	5.7ml
Beef meatballs	450g	600g	750g
Spaghetti pasta	365g	510g	655g
Edam cheese, grated	90g	90g	90g

## Directions

1. Preheat oven to 250 degrees Celsius.
2. Bring a large pot of water to the boil (for pasta).
3. Dice onion. Heat oil in a pot and cook onion and garlic until tender.
4. Add tomatoes, salt, sugar, Italian herbs, beef stock powder, and Worcestershire sauce.
5. Mix and gently simmer uncovered for 30 minutes, stirring occasionally.
6. Place meatballs on an oven tray and cook for 10 minutes.
7. Cook pasta following packet instructions.
8. Serve out pasta, top with meatballs and sauce and sprinkle with cheese.



# Spaghetti and meatballs continued...

## Special diet substitution ideas

### Vegetarian:

- Use vegetable stock and plant-based meatballs.

### Vegan:

- Use plant-based meatballs and cheese.
- Replace beef stock and Worcestershire sauce with vegetable stock.

### Gluten:

- Use gluten-free pasta, meatballs and Worcestershire sauce.

### Dairy:

- Use dairy-free cheese.

### Halal:

- Use halal-certified meatballs and stock powder.

### Soy

- Use soy-free Worcestershire sauce and meatballs.

## Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Pasta	100g	140g	180g
Meatballs	3 meatballs	4 meatballs	5 meatballs
Sauce	¼ cup	1/3 cup	½ cup
Cheese	1 Tbsp	1 Tbsp	1 Tbsp

## Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	210	285	364
Vegetables (g)	54	74	97
Protein food (g)	54	69	84
Grain food and starchy vegetables (g)	100	140	180

## Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
Gilmours brown onions tag1	10kg
Gilmours garlic crushed in oil	1kg
Gilmours tomatoes crushed	2.5kg
Pams salt iodised	2kg
Pams sugar white	500g
Gilmours Italian herbs	250g
Gilmours stock bouillon beef	2.6kg
Gilmours Worcestershire sauce	2L
Turkman pasta spaghetti	5kg
Leader premium school meatballs beef	6kg
Alpine cheese edam grated	5kg

## Allergens



gluten,/wheat, dairy, soy.

**Disclaimer:** Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

## Tips



- There are about 63 premium school meatballs per kilogram of product.
- Replace spaghetti with a short pasta for easier handling.
- Save money by buying whole vegetables and using a food processor to grate and chop.
- Toss a little oil though spaghetti to avoid noodles sticking.