

FRIDAY MAIN

Pork and Apple Meatballs in Rainbow Tomato Sauce with Pasta

Juicy baked meatballs with a hint of apple, in a sauce packed with hidden veg.

PREP TIME	COOK TIME	SERVES
1 hour	1 hour	100 (3 to 4 meatballs, about 110 g, plus sauce and pasta)

Suitable for: Gluten-free with swap, Dairy-free, Not vegetarian

Ingredients and shop codes

Meatballs

8 kg Lean pork mince
752012 Thomas Stratton Minced Pork (1x1kg)

2 kg Apples, grated
810563 Fresh Granny Smith Apples (1x1kg)

1.5 kg Onions, very finely diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

800 g Rolled oats (binder)
Closest: 200314 Country Range Oat Flakes (4x3kg)

1 kg Eggs (about 18 medium)
202937 5 Dozen Medium Eggs, Free Range

15 g Dried thyme
203655 Country Range Dried Thyme (4x220g)

10 g Ground black pepper
203616 Country Range Ground Black Pepper (4x500g)

Rainbow tomato sauce

150 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

2.5 kg Onions, diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

3 kg Carrots, grated
810548 Fresh Carrots (1x1kg)

3 kg Courgettes, grated
810556 Fresh Courgettes (1x1kg)

300 g Tomato purée
203005 Tomato Puree (24x130g)

7.5 kg Chopped tomatoes (tinned)
203692 Country Range Chopped Tomatoes (6x2.5kg)

2 litres Vegetable stock, low salt, celery-free
200326 Maggi Vegetable Bouillon, Gluten Free (2x2kg)

20 g Dried basil or oregano
Closest: 203650 Country Range Dried Oregano (4x150g)

To serve

7 kg Dried penne or fusilli
203830 Country Range Penne (4x3kg) or 203564 Spirals (4x3kg)

1 kg Mature vegetarian cheddar, grated
Closest: 001517 Country Range Grated Mature Cheddar (10x1kg)

Shop notes

- **Rolled oats:** Check if the grade suits.
- **Vegetable stock:** Check the label for celery and salt level.
- **Mature vegetarian cheddar:** Check the label to confirm it is suitable for vegetarians.

Method

1. **Sauce:** soften the onions in the oil for 10 minutes. Add the carrots and courgettes and cook for 10 minutes. Add the purée, tomatoes, stock and herbs, simmer for 30 minutes, and blend about half the sauce so it is smooth with a few soft pieces.
2. **Meatballs:** mix all the meatball ingredients thoroughly (wear gloves; mix until just combined). Portion with a scoop to about 30 g, roll and place on lined baking trays. Use a scoop to ensure even size, and cook evenly.
3. **Bake** at 200°C (fan 180°C) for 18 to 20 minutes until browned and cooked through. **Probe several meatballs to check the core temperature reaches 75°C or above.** This is a baked, not fried, item.
4. Add the meatballs to the sauce and simmer for 5 minutes.
5. **Pasta:** cook in unsalted boiling water, drain and toss in a little oil. Cook in batches close to service so it stays soft. Hold the pasta separately.
6. Serve meatballs and sauce over pasta, finish with a sprinkle of cheddar. **Hot hold** at 63°C or above for up to 2 hours. To chill, **cool within 90 minutes** to below 8°C and **reheat once** to 75°C core.

Chef's tips

- **Portion:** 3 to 4 meatballs for primary-aged children (about 110 g), with 150 g of cooked pasta and sauce.
- **Plating:** build a "face" with pasta hair and meatball eyes, and offer a tomato sauce "dip" on the side for the less adventurous.
- **Getting children to try it:** meatballs are a familiar friend. Serve the sauce on the side for those who dislike mixed foods.
- **Reducing waste:** leftover meatballs can go in a sub roll the next day and the sauce makes a good pizza base.
- **Red meat note:** to keep red meat lower this week, swap the pork mince for turkey mince (add a splash more oil as it is leaner).
- **Swaps:** Gluten-free: use gluten-free oats and gluten-free pasta. Cook gluten-free pasta separately in fresh water. Dairy-free: leave off the cheese.

Scaling

For 30 portions: multiply by 0.3 (2.4 kg pork mince, 2.1 kg pasta)

Nutrition note

about 2 portions of vegetables per serving from the sauce, plus protein and B vitamins from the pork.

Allergens

Contains: Eggs, Cereals containing gluten, Milk. **Check the label (varies by brand):** Celery, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.