



PENNE WITH MEATBALLS

1 kg lean minced beef
1 cup (220g) cooked long grain rice
3/4 cup (90g) parmesan cheese, grated
1 egg, beaten
2 cloves garlic, crushed
4 Tbsp fresh basil, chopped
1/4 cup fresh parsley, chopped
1/2 tsp cayenne pepper
salt, freshly ground black pepper to taste
2 cups (500ml) puréed tomato
1/4 cup fresh basil, chopped, extra
500g gluten free penne pasta, cooked
additional parmesan cheese, if desired

Combine mince, cooked rice, cheese, egg, garlic, basil, parsley, cayenne, salt and pepper in a large mixing bowl. Shape into golf ball-size balls and cook in a large non-stick frying pan over medium heat until browned and cooked through. Pour puréed tomato over meatballs, add extra basil. Cook, simmering for 2 to 3 minutes. Spoon meatballs and sauce over cooked pasta, top with parmesan cheese if desired.

Serves 4