

# Turkey & Carrot Meatballs



**Serves 4    Prep 20 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

500g turkey thigh mince  
2 medium carrots, peeled & grated  
1 tsp sweet smoked paprika  
1 tsp dried oregano  
handful of fresh basil, shredded, + extra to serve  
1 tbsp olive oil  
300g spaghetti  
grated parmesan, to serve

## For the sauce

1 tbsp olive oil  
1 onion, sliced  
2 x 400g cans chopped tomatoes  
2 tbsp balsamic vinegar  
1 tbsp tomato purée

1. Heat the oven to 200C/180C fan/gas 6.
2. Combine the turkey mince, carrots, paprika, oregano and most of the basil, and divide into 20 small balls. Place on a baking tray, drizzle with the oil and roast for 20 mins.
3. While the meatballs are in the oven, make the sauce. Heat the olive oil in a large pan and cook the onion for 5 mins, until softened. Stir in the chopped tomatoes, balsamic vinegar and tomato purée and bring to the boil. Let simmer for 10 mins.
4. As the sauce cooks, boil the spaghetti until al dente following pack instructions, then drain.
5. Once the meatballs are cooked, add to the sauce and stir to coat. Divide the spaghetti between plates, top with meatballs and serve with fresh basil and a sprinkle of grated parmesan.