

RECIPE FOR HAPPY BELLIES :)

SPINACH & MUSHROOM BALLS

20	ml sunflower oil	£0.02
1	onion, chopped	£0.04
1	tins chopped tomatoes	£0.35
1	pkt fresh spinach	£1.00
3	cloves garlic, crushed	£0.09
1	tbsp dried oregano	£0.15
1	tbsp tomato puree	£0.06
2	slices white bread	£0.10
¼	pack mushrooms, chopped	£0.20
2	eggs, beaten	£0.50
50	g cheddar cheese, grated	£0.35
500	g dried pasta	£0.50
		<u>£3.36</u>

4 PORTIONS = 84p/PORTION

METHOD: Rub bread into crumbs by hand or in a food processor. In a large non-stick saucepan, wilt spinach in a little water. Rinse in cold water once soft and squeeze out as much water as possible - a tea towel or kitchen roll can be helpful for this. Fry onion until soft in a wok or large saucepan. Add tomato puree, two cloves of garlic and oregano to the onions once soft, stirring to prevent sticking. Add the tinned tomatoes and leave to simmer on a low heat while preparing other parts of the meal. Chop the spinach finely and mix in a large bowl with the eggs, breadcrumbs, mushrooms and one clove of garlic. Add in the cheese and mix in thoroughly. Divide into 12-16 balls. Add half of the oil to a frying pan and gently fry the balls until cooked through and golden on all sides. Meanwhile, cook the pasta according to packet instructions. Serve 3-4 balls per person, with plenty of pasta on the side and smothered in the tomato sauce.