



## SAUNDERS' MALT EXTRACT

Preparation

5  
MINS

Cook Time

15-20  
MINS

Serves

4

Difficulty

EASY

# SPAGHETTI MEATBALLS WITH MALTED TOMATO SAUCE

Try adding Saunders' Malt Extract to your favourite pasta sauce and you will never want to go without. For a quick mid-week dinner shortcut IKEA frozen meatballs (beef, chicken, vege or plantballs) work well in this super-quick crowd pleaser.

## INGREDIENTS

- 320g spaghetti pasta
- ½ tsp salt
- 20 meatballs\* (we used IKEA frozen beef meatballs)
- 400g jar pasta sauce (we used Barilla Napoletana sauce)
- 1-3 tbsp Saunders' Malt Extract\*\*

### To Serve

- Parmesan cheese
- Chopped parsley or basil leaves
- Freshly ground black pepper

## Notes

\* If using frozen meatballs, follow the package instructions to cook them but generally you can follow the above method with frozen meatballs as well as fresh or homemade.

## METHOD

- 1 Bring a large pot of water to a boil, add salt and spaghetti. Cook the spaghetti according to the package instructions until al dente (about 8 minutes). Drain and set aside.
- 2 Heat oil in a large frying pan over medium high heat and add meatballs. Cook for 2-3 minutes on each side until golden brown. Reduce heat to medium, cover the pan with a lid and cook for a further 5 minutes to help them cook through.
- 3 Add pasta sauce and malt extract to the pan and mix well to combine. Cook for a further 2-3 minutes to heat through. Cut one of the meatballs to check they are cooked through. If not, cover the pan with a lid and simmer meatballs with the sauce, stirring occasionally for another 2-3 minutes.
- 4 Divide cooked spaghetti between four serving bowls. Top with meatballs and sauce. Sprinkle with grated Parmesan cheese, chopped parsley or basil and freshly ground black pepper to taste.

\*\* The amount of Malt Extract will vary depending on your taste and the sweetness of the jar sauce. We suggest adding 1 tablespoon of Malt Extract, tasting the sauce and adding additional malt as desired.

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