

GOOD-LIFE

Rose Veal

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Rose Veal Meatball Soup

Ingredients:-

- 250 g minced veal
- 45g freshly grated Parmesan cheese
- 2 cloves garlic, minced
- 1 ltr vegetable stock
- 125 mL broken spaghetti pieces
- 750 mL lightly packed baby spinach, chopped
- Freshly grated Parmesan cheese (optional)

Instructions:-

1. In a large bowl, using your hands, combine veal, cheese and garlic until well combined. Use a heaping teaspoonful to roll mixture into meatballs and place on plate.
2. Meanwhile, in saucepan, bring stock to a gentle boil. Slowly add spaghetti and meatballs and cook, stirring for about 8 minutes or until meatballs are no longer pink inside and spaghetti is tender but firm. Stir in spinach and cook for 1 minute.
3. Ladle into bowls to serve and sprinkle with more cheese if desired.