

Cheesy Meatballs in a Bolognaise Sauce RECIPE

Cheesy Meatballs in a Bolognaise Sauce



Cooking time 60 mins Preparation time 10 mins

Serves

6

Tender meatballs in a spicy tomato sauce, smothered with melty mozzarella – a fabulous family feast inspired by our convenient Royco Bolognaise Cook-In Sauce. Share

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

Ingredients

- 75ml (5 Tbsp) olive oil
- 1 onion, peeled and diced
- 7.5ml (1½ tsp) cumin seeds
- 6 cloves garlic, peeled and sliced
- 7.5ml (1½ tsp) cumin powder
- 5ml (1 tsp) chilli flakes
- 10ml (2 tsp) dried oregano
- 10ml (2 tsp) Kashmiri masala or paprika
- 1 cinnamon stick
- 45ml (3 Tbsp) tomato paste
- 1 x 400g tin chopped tomatoes
- 250 ml (1 cup) boiling water
- 1 packet Royco® Bolognaise Cook-In Sauce
- salt and sugar, to taste
- 800g uncooked meatballs of your choice
- 375ml (1½ cups) grated mozzarella cheese
- chopped fresh parsley, to garnish
- cooked spaghetti, to serve

Products used



Bolognaise Dry Cook-In Sauce

View Product

Vegetarian

Replace the meatballs in this recipe with a plant-based alternative, such as bean, quinoa, chickpea or soya meatballs.

Family Friendly

If your kids are reluctant to eat very spicy food, leave out the chilli flakes and use a mild paprika instead of Kashmiri masala.

Use meatballs of your choice, or <u>click here</u> for an easy recipe.

Method

1. 1.

Preheat the oven to 180°C.

2. 2.

Heat the oil in an ovenproof pot and sauté the onions, cumin seeds and garlic over a medium heat until the onions are soft and golden.

3. 3.

Add the cumin powder, chilli flakes, oregano, Kashmiri masala (or paprika) and cinnamon stick, and cook gently for a few minutes.

4. 4.

Stir in the tomato paste and tinned tomatoes, along with the boiling water. Simmer until the tomatoes have broken down and are fully cooked.

5. 5.

Add the contents of the packet of Royco® Bolognaise Cook-In Sauce and stir until dissolved.

6. 6.

Season to taste with salt and a pinch of sugar.

7 7

Add the meatballs to the pan and stir gently to coat them in the sauce.

8.8

Place the pot in the oven and bake at 180°C for 30 minutes.

9.9

Remove from the oven, sprinkle with mozzarella cheese, and bake for a further 5 minutes. or until the cheese has melted.

10. 10

Garnish with parsley and serve hot, over spaghetti.

Recipe Tags

Dry Cook In Sauce, Meat, Curry, Pasta, Sauce

Related Recipes

New Project



Lamb and Potato Sticks

Cooking time

15 mins

Preparation time

20 mins

View Recipe Cooking time

Saucy Meatballs with Pasta

30 mins

Preparation time

5 mins

View Recipe



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

View Recipe



Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

View Recipe



Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins

View Recipe **x**

Roasted Summer Veg with Herby Feta

Cooking time

30 mins Preparation time 10 mins **View Recipe Butternut and Potato Bake** Cooking time 50 mins Preparation time 15 mins **View Recipe Tuna Crumble** Cooking time 25 mins Preparation time 10 mins **View Recipe Creamy Butter Chicken Pasta** Cooking time 20 mins Preparation time 15 mins **View Recipe** × **Crunchy Sweet and Sour Stir-Fry**

Cooking time

15 mins

Preparation time

15 mins

View Recipe

Source URL: https://www.royco.co.za/recipes/cheesy-meatballs-bolognaise-sauce