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.

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

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 click here for an easy recipe.

Recipe developed for Royco by @braisedbyuthika

Method

1. Preheat the oven to 180°C.
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. Add the cumin powder, chilli flakes, oregano, Kashmiri masala (or paprika) and cinnamon stick, and cook gently for a few minutes.
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. Add the contents of the packet of Royco® Bolognaise Cook-In Sauce and stir until dissolved.
6. Season to taste with salt and a pinch of sugar.
7. Add the meatballs to the pan and stir gently to coat them in the sauce.
8. Place the pot in the oven and bake at 180°C for 30 minutes.
9. Remove from the oven, sprinkle with mozzarella cheese, and bake for a further 5 minutes, or until the cheese has melted.
10. Garnish with parsley and serve hot, over spaghetti.

Recipe Tags

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

Related Recipes



Lamb and Potato Sticks

Cooking time

15 mins

Preparation time

20 mins

Saucy Meatballs with Pasta

Cooking time

30 mins

Preparation time

5 mins

Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins

Roasted Summer Veg with Herby Feta

Cooking time

30 mins

Preparation time

10 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Tuna Crumble

Cooking time

25 mins

Preparation time

10 mins



Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins



Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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