



**TEAM FOUR**  
FOODSERVICE



### **Summertime Italian meatballs & spaghetti**

*Ingredients:*

Meatball, beef pork 1 oz italian cooked frozen - advancepierre - 160/1 oz  
1 ½ cup olive oil  
2 medium onion , finely chopped  
10 garlic cloves , crushed  
¾ cup fennel seeds  
large handful parsley , leaves chopped, stalks finely chopped  
5 peeled zucchinis  
5 Lbs. Spaghetti  
4 lemons , zested and juiced  
grated parmesan , to serve

*Directions:*

1. Heat the oil in the frying pan, add the meatballs and fry for 5-8 mins, turning occasionally, until golden brown and warmed through. Set the pan aside.
2. Bring a pan of salted water to the boil and cook the spaghetti for 1 min less than pack instructions. Transfer the pasta to the pan of meatballs, sloshing in some of the cooking water as you go.
3. Add the zucchini ribbons to the pan and put it back over the heat. Toss the pasta and meatballs with the zucchini ribbons in the pan with a ladleful of pasta water and add the lemon juice.
4. Season well, tip into bowls and scatter over the chopped parsley leaves, lemon zest and a generous grating of parmesan

Recipe and photo courtesy of Tyson