

**MORE THAN
—A—
MOUTHFUL**



*Tomato & Olive Sauce,
with Kalamata olives
that pack more of a
flavour punch.*

Contains only Natural Ingredients:

Tomatoes, onion, olives, olive oil, stock,
lemon juice, basil, garlic, salt, pepper
Gluten Free ~ Vegan

Meat Balls with Pasta

Ingredients

3—4 tbsps olive oil
1 large Spanish onion
2 cloves minced garlic
1/2 kg each minced pork and veal
2 eggs
3 slices day old bread soaked in milk
Breadcrumbs/flour
1 cup grated Italian parmesan cheese
Salt and pepper
pinch ground nutmeg

Method

In a large bowl combine meat, onion, garlic, bread, eggs & seasonings. Add enough breadcrumbs to form firm consistency. Hand roll into 20 cent size balls. In a deep frypan heat 3-4 tablespoons oil. Add meat balls and brown on both sides. In the meantime cook pasta. To meatballs add a jar of your favourite More Than A Mouthful pasta sauce. Simmer for a few minutes. Drain cooked pasta. Pile on meatballs and top with parmesan and parsley. Serve with green salad.



Once you have a taste, you'll be asking for more!

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An Italian family tradition that keeps on feeding