

# Pasta & meatballs [myinheritedkitchen.co.uk](http://myinheritedkitchen.co.uk)

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Meatballs	4	
Fusilli pasta	100g	
Arrabbiata pasta sauce (M&S)	340g	
Olive oil <i>(Not virgin)</i>	1tsp	
Salt	½ tsp	
<i>Garlic</i>	1tsp	
Ground pepper		
<i>Arrabbiata is hard to pronounce but it's a very simple dish that tastes great</i>		
<i>It contains onion, tomato, carrots and red chillies for a spicy kick</i>		



Prep Time minutes	Cook time minutes	Your revised time
2	17	<input type="text"/>

## Tools that help

- Scales
- Wok/frying pan
- 16cm saucepan
- Stirrer
- Timer
- Turner
- Sieve
- Tongs

## Prep Instructions

1. Turn on the wok to heat 7 for 5-8 minutes
2. Pour olive oil into the wok
3. Fill 16cm saucepan ¾ full of water

<b>All prepared?</b> Start timer at:	17
Start boiling the water in the saucepan	17
Place the meatballs in the wok at heat 7 cooking both sides till brown	17
Shake sauce jar and add to the wok	12
Add garlic if you wish	12
Stir every 3 minutes	12-3
Reduce wok heat to 5	11
Add ½ tsp of salt to the boiling water	11
Add 3 drops of oil to stop pasta sticking	11
Put the pasta in the saucepan on heat 6	11
Stir every 3 mins to avoid sticking	9-3
Heat bowl in microwave for 2 minutes	2
Drain pasta and transfer it to the wok	1
Stir to coat the pasta with the sauce	1
Serve in a hot bowl	0
Add ground pepper to taste	0

*All recipes are based on using an induction hob, fan oven and microwave set at 1,000*