



Cheesy Meatball Casserole

SERVES: 4 | TOTAL TIME: 1 HOUR

INGREDIENTS

- 1 tbsp olive oil
- 1 brown onion, diced
- 2 cloves garlic, minced
- 1 carrot, peeled and finely diced
- ½ red capsicum, diced
- 50 g button mushrooms, diced
- 1 kg beef mince
- 1 egg
- 2 tbsp Italian parsley, finely chopped
- 1 tbsp basil leaves, finely chopped
- ½ tsp freshly ground black pepper
- Pinch of salt
- 2 x 400 g cans Italian diced tomatoes
- ¾ cup grated mozzarella
- ½ cup grated parmesan

DIRECTIONS

1. Preheat oven to 200C.
2. Lightly spray a casserole dish with cooking spray. Set aside.
3. Heat olive oil in a frying pan over medium heat, then add onion and sauté until translucent. Add garlic, carrot, red capsicum, and mushrooms and cook, stirring often for 5 minutes. Remove from heat and set aside to cool slightly.
4. Meanwhile, add beef mince, egg, Italian parsley, basil, salt and pepper to a large bowl. Add cooked vegetables and stir well to combine.
5. Use a tablespoon to form meatballs from the mixture and arrange in the casserole dish. Bake meatballs for 20 minutes.
6. Remove from oven and top with diced tomatoes, mozzarella and parmesan cheese. Bake for 5 to 10 minutes or until the cheese is melted and bubbly.
7. Serve with mashed potato or pasta.