

TURKEY POLPETTE

1 tbs olive oil
2 onions, finely chopped
4 sprigs rosemary, leaves only, finely chopped
4 garlic cloves, crushed
1 courgette, coarsely grated
zest of 1 lemon
500g lean turkey mince
2 tins chopped tomatoes
1 tsp sugar
300g rigatoni

Heat half tsp oil in frying pan and gently fry the onion for 6–8 mins, covered, until soft.

Stir in rosemary and garlic and cook for 2 mins. Transfer half to a bowl and take pan off heat.

Squeeze the courgette to remove moisture then add to cooled onion with the lemon zest. Add turkey and season. Mix and shape into 24 meatballs. Chill on plate in freezer for 10 mins.

Return frying pan to heat. Add the tomatoes, sugar and 200ml water. Season and bring to boil. Simmer for 15 mins.

Cook pasta according to instructions on packet.

Heat half tsp oil in frying pan. Brown the meatballs in batches for 6–8 mins. Cook in the sauce for 5 mins.