



Quick Sausage Meatballs with a Tomato and Basil Sauce, Spaghetti and Sweet Raw Peas

READY IN



35 min.

SERVINGS



4

CALORIES



1349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings quality balsamic vinegar good
- 1 small bunch basil fresh leaves picked finely chopped
- 11 ounces peas fresh
- 2 cloves garlic peeled finely sliced
- 3 sprigs marjoram fresh leaves picked
- 4 servings olive oil
- 1 block parmesan
- 28 ounce plum tomatoes canned

- 8 pork sausages
- 4 servings sea salt
- 4 servings sea salt and pepper black freshly ground
- 1 pound pasta like spaghetti

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat a large saucepan and add a few glugs of olive oil. Snip the sausages apart, then squeeze and pinch the meat out of the skins so that you get little meatball shapes – don't make them too big or they will take too long to cook. Try to get at least 3 balls out of each sausage. Don't worry about rolling them into perfect balls and making them look all fancy – rough and rustic is good!
- Put them into your pan. Keep frying and turning the meatballs until they're golden brown and cooked through.
- Meanwhile, put the spaghetti into a large pan of salted boiling water and cook according to the package instructions until al dente.
- To make your tomato sauce, heat a separate pan and pour in some olive oil.
- Add the garlic and the chopped basil stalks and move them around the pan for a couple of minutes. Put some small basil leaves aside for later, and sprinkle the rest into the pan.
- Add the tomatoes and season carefully with salt and pepper, to taste. Bring to a simmer, break up your tomatoes a bit more with a spoon and add a swig of balsamic vinegar – it's lovely for adding sweetness to the sauce.
- Add the herbs to the pan of sausage meatballs, tossing everything in all the lovely flavors. Cook for around 30 seconds. When your spaghetti is cooked, drain it and divide the pasta and meatballs between 4 bowls. Spoon over the tomato sauce.
- Sprinkle over the reserved basil leaves and serve with a handful of fresh peas per person in the middle of the table, so that everyone can have a go at shelling their own, and a little Parmesan for grating or shaving over the top.

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Nutrition Facts

PROTEIN 16.52% **FAT 51.47%** **CARBS 32.01%**

Properties

Glycemic Index:98.33, Glycemic Load:40.61, Inflammation Score:-9, Nutrition Score:45.514783029971%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 1348.58kcal (67.43%), Fat: 76.47g (117.65%), Saturated Fat: 22.28g (139.26%), Carbohydrates: 107g (35.67%), Net Carbohydrates: 96.44g (35.07%), Sugar: 15.09g (16.76%), Cholesterol: 162.89mg (54.3%), Sodium: 1660.41mg (72.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.43%), Selenium: 73.35µg (104.79%), Manganese: 1.68mg (84.01%), Vitamin B3: 15.4mg (77.01%), Vitamin C: 61.53mg (74.58%), Vitamin B1: 1.01mg (67.25%), Phosphorus: 659.92mg (65.99%), Vitamin K: 62.18µg (59.21%), Vitamin B6: 1.17mg (58.29%), Zinc: 7.87mg (52.45%), Vitamin A: 2574.48IU (51.49%), Potassium: 1508.59mg (43.1%), Fiber: 10.56g (42.24%), Copper: 0.75mg (37.5%), Magnesium: 143.44mg (35.86%), Iron: 6mg (33.31%), Vitamin B12: 1.92µg (32.07%), Vitamin B2: 0.49mg (28.77%), Folate: 105.41µg (26.35%), Vitamin E: 3.77mg (25.11%), Vitamin B5: 2.28mg (22.81%), Vitamin D: 2.94µg (19.59%), Calcium: 98.5mg (9.85%)