

# HEINZ

RECIPE

## Meatball Parcels



### Serves:

2 children



### Preparation Time:

10 minutes



### Cooking Time:

25 minutes



### Ingredients:

- 1 large flour tortilla
- 1 small onion, peeled and chopped
- 1 tsp oil
- 200g **Heinz Spaghetti plus meatballs**
- A little milk
- 50g cherry tomatoes, halved
- 50g carrot, peeled and cut into batons
- 50g cucumber, cut into batons

### Method:

In a saucepan heat the oil and gently soften the onion for 3-4 minutes.

Add the Heinz Spaghetti plus meatballs and continue to heat for a further 5 minutes. Remove from the heat.

Place the tortilla wrap on a baking sheet.

Spoon the meatballs to fill half the tortilla, leaving a 2cm rim around the edge. Brush the rim with a little milk.

Fold over the unfilled half of the tortilla to make a semi circular parcel.

Seal the edge to make your Meatball Parcel and brush with the remaining milk.

Bake in a moderate oven for 15 minutes until the top begins to brown.

Cut the Meatball Parcel in half and serve each half with the cherry tomatoes and the carrot and cucumber batons.