



Peli Cig a Phasta

Cynhwysion

1/2 nionyn wedi'i dorri'n fân
1 ewin garlleg
100g mins cig oen braster isel "lean"
1/2 llwy fwrdd o olew olewydd
200g tun o domatos
1 llwy fwrdd o biwrî tomato
1 llwy de o berlysiâu cymysg
100g madarch wedi'i sleisio
1/2 pupur
100g pasta sych fel macaroni

Cynllun 1400
2 x 80g o lysiau

Dull

1. Cymysgwch ychydig o'r nionyn a'r garlleg gyda'r mins. Siapiwch y mins i ffurfio peli bach hanner maint pêl golff. Gallwch ddefnyddio mins twrci sydd â llai o fraster ynddo yn hytrach na chig oen.
2. Cynheswch yr olew mewn padell ffrio a choginiwch y peli nes eu bod yn frown euraidd. Tynnwch o'r badell a'u rhoi ar blât.
3. Ychwanegwch weddill y nionyn i'r badell ffrio a choginio am 2-3 munud nes yn feddal. Ychwanegwch weddill y garlleg a choginio am funud arall.
4. Ychwanegwch y tomatos, y piwrî, perlysiâu, madarch a'r pupur i'r badell gyda 150ml o ddŵr. Dewch a'r gymysgedd i'r berw cyn ychwanegu'r peli. Trowch y gwres i lawr, gorchuddiwch a gadael y cyfan i fudferwi am 30 munud.
5. Coginiwch y pasta am 10 munud cyn gweini gyda'r peli cig oen, saws tomato a 2 x 80g o lysiau.

Meatballs and Sauce

Ingredients

1/2 medium onion, finely chopped
1 garlic cloves, finely chopped
100g lean lamb mince
1/2 tbsp olive oil
200g chopped tomatoes
1 tbsp tomato purée
1 tsp dried mixed herbs
100g closed-cup mushrooms, sliced
1/2 pepper, any colour, chopped
100g dried pasta shapes, like macaroni

1400 plan
2 x 80g portion of veg

Method

1. Mix some of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball.
Try using turkey mince as a lower-fat alternative to lamb.
2. Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put on to a plate.
3. Add the remaining onion to the frying pan and cook for 2-3 minutes until soft. Add the remaining garlic and cook for another minute.
4. Add the tomatoes, tomato purée, herbs, mushrooms and peppers to the pan with 150ml water. Bring to the boil, then add the meatballs. Reduce the heat, cover with a lid and simmer for 30 minutes.
5. About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs, tomato sauce and 2 x 80g portion of veg.