Rigatoni Meatball Soup

SERVES 4

INGREDIENTS

650 g extra lean mince
1 egg
1 tsp dried mixed herbs
2 cloves garlic, crushed
30 grated parmesan cheese
1 red onion, roughly chopped
2 red peppers
3 cloves garlic
2 tsp mixed herbs
Pinch red pepper flakes
2 TBS tomato paste
1/4 cup red wine
2 cans whole peeled tomatoes
2-3 cups chicken stock
1 TBS flat leaf parsley
160 g dried pasta
30 g grated parmesan

METHOD

1. Add all the meatball ingredients into a bowl and mix together until combined, seasoning with salt and pepper.
2. Roll into roughly 24 balls.
3. Fry in a non-stick pan until golden on all sides.
4. Set aside to rest.
5. Scrape any good bits off the pan to add to the soup pot later.Preheat the oven to 180'C
6. Roughly chop the peppers, and roast in the oven with the garlic and onion.
7. When soft, add it to a pot with all the remaining ingredients. including the bits from the meatball pan (don't add the parsley, pasta and parmesan)
8. Bring to a simmer, then blend until smooth with a stick blender
9. Season with salt and pepper, and a pinch of sugar.In the mean time, cook the pasta until al dente.Add the meatballs back into the soup pot to warm through.
10. To serve, divide the pasta between bowls, ladle in some soup, sprinkle over some parsley and the remaining parmesan cheese.
11. Serve with a side salad.