



Chicken Meatballs with Rocket and Fettucine

Serves 2

Try to cook this dish the day you buy the chicken mince. The rocket works well with the pasta and meatballs.

- ¼ small brown onion, very finely chopped
- 300g lean minced chicken meat
- 2 tbsp breadcrumbs
- 1 tbsp pine nuts, preferably toasted
- 2 tbsp chopped basil leaves
- 1 tbsp finely grated orange zest
- 1 tbsp cold water
- a little plain flour
- 3 tbsp *Cobram Estate Rich and Robust extra virgin olive oil*
- 100g small button mushrooms
- 1 cup Italian-style tomato sauce
- salt and freshly ground black pepper
- 150g fresh fettucine
- 1 cup rocket leaves

In a small bowl and using your fingers, mix chopped onion, minced chicken, breadcrumbs, pine nuts, basil, orange zest and water until very well combined. Divide the mixture into walnut-sized pieces and shape into balls. Coat balls lightly with flour.

Heat half the *Cobram Estate Rich and Robust extra virgin olive oil* in a non-stick frypan and brown and cook meatballs on medium heat for 5-6 minutes. Remove meatballs from pan. Add mushrooms and cook for 3 minutes. Add tomato sauce and simmer for 3 minutes. Season to taste with salt and pepper, then return the meatballs to the pan and reheat.

Meanwhile, cook pasta in a large volume of boiling, salted water until al dente. Drain pasta and place on a plate. Top fettucine with rocket leaves, spoon meatballs and sauce over the top and serve.

Drizzle with the remaining *Cobram Estate Rich and Robust extra virgin olive oil* and serve.