



PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

MEATBALL RIGATONI

INGREDIENTS

*16 frozen meatballs
(recipe on page 17)*

*3 cups rigatoni pasta,
uncooked*

*1 cup broccoli, cut into
florets*

1 tablespoon olive oil

¼ cup leeks, sliced

*1 cup red peppers, cut in
pieces*

1 cup zucchini, sliced

1 tablespoon lemon juice

1 tablespoon lemon zest

¼ cup fresh basil leaves

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 3 Starch + 1 Vegetable

Calories 448Kcal

Protein 23g

Carbohydrates 44g

Fibre 3g

Total Fat 20g

Saturated Fat 6g

Cholesterol 80mg

Sodium 125mg

Potassium 587mg

Phosphorus 262mg

PREPARATION

- 1 Fill a large soup pot with water and bring to a boil. Add the meatballs and bring to a boil again. Reduce the heat and simmer for 5 minutes. Add the rigatoni and simmer for 14 minutes (see package for exact cooking time). Add the broccoli during the last 2 minutes.
- 2 Reserve 1 cup of the water and drain the rest when step 1 cooking is finished.
- 3 In a large frying pan, heat oil over medium-high. Add leeks, peppers and zucchini. Fry and stir for 5 minutes not to prevent leeks from burning.
- 4 Add the meatballs, pasta and broccoli, ¼ cup of pasta water, the lemon juice and zest. Combine by stirring gently and adding some more pasta water if necessary. Garnish with basil and season with pepper to taste.

TIP: For some more punch you can add 1 tablespoon basil paste.