

# - Spaghetti with Meatballs -

dinner > Spaghetti with Meatballs



serves 4 and ready in approx. **1 hour**.  
you will make about **30 meatballs**

## Shopping LIST:

for meatballs: **15g** fresh wholegrain breadcrumbs, **60ml** milk, **250g** sausage meat, **350g** minced meat (pork and beef), **1** egg, **125g** ricotta cheese, **75g** freshly grated Parmesan cheese,  $\frac{1}{2}$  finely chopped red onion, a pinch of nutmeg, a pinch of cloves, fresh parsley leaves, **1** crushed garlic clove.

for tomato sauce: **3tbsp** olive oil,  $\frac{1}{2}$  red onion (cut into cubes), **2** garlic cloves (finely sliced) **120ml** vegetable stock, **300g** (about 4) fresh tomatoes, **380g** canned diced tomatoes, salt and pepper to taste.

Server with: freshly chopped parsley and grated parmesan

## Method:

### Making Meatballs:

- in a large bowl mix: **15g** fresh wholegrain breadcrumbs with **60ml** milk. Add **250g** sausage meat, **350g** minced meat (pork and beef), **1** egg, **125g** ricotta cheese, **75g** Parmesan cheese, freshly grated,  $\frac{1}{2}$  finely chopped red onion, a pinch of nutmeg and a pinch of cloves, chopped fresh parsley leaves, and **1** crushed garlic clove.
- Mix with your hand only to integrate the ingredients. Season with salt and ground pepper to taste.
- Shape the mixture into balls.
- On medium-high heat, heat the sunflower oil in a large frying pan. When the oil is hot, fry the meatballs (in batches if necessary), until golden. Transfer to a plate lined with kitchen paper to drain.

### Making the Sauce:

- we will use a frying pan. Heat **3tbsp** olive oil and cook on medium heat  $\frac{1}{2}$  red onion (cut into cubes) until soft, approx. **2-3 minutes**. Add **2 garlic cloves** (finely sliced) and cook for **1** more minute. Add **60ml** vegetable stock and let it boil until half of the liquid evaporates. Add **300g** (about 4) fresh tomatoes, finely chopped. Cover and let it simmer for **7** minutes or until a bit thick. Add **380g** canned diced tomatoes and **60ml** vegetable stock. Simmer for another 10 minutes. Add the **meatballs**, season with salt and pepper to taste, and simmer for another **5 minutes**.
- Meanwhile, bring a large pan of lightly salted water to the boil. Cook **100g** spaghetti/person according to the packet instructions. Divide the spaghetti per person.
- Add the sauce and meatballs on top. Finish with freshly chopped parsley and parmesan (about **30g**).



"bon appétit"