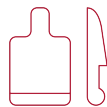




Baked Pork and Veal Meatballs



DIFFICULTY: EASY



PREPARATION TIME: 40
MINUTES



COOKING TIME: 60 MINUTES



SERVES: 4

Ingredients

Meatballs

- 500g pork and veal mince
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 cup panko breadcrumbs
- 2 tblspns shredded Parmesan
- 2 tspns dried oregano
- 1 egg
- Salt and pepper, to taste

Spray oil

Sauce

- 2 tablespoons oil
- 1 onion, finely chopped
- 4 cloves garlic, crushed
- 2 tspns smoked paprika

Method

Preheat the oven on CircoTherm®, 200°C. (This recipe may be cooked in a Microwave Combi Oven to save cooking time, see notes below).

In a bowl, combine all the meatball ingredients, mix well and roll heaped tablespoons of mixture into meatballs, approx 24.

Spray a three litre enamel or Pyrex baking dish with oil and add the meatballs. Bake the meatballs for 15 minutes. Remove and keep warm. Reduce the oven temperature to 180°C.

Meanwhile, heat the oil in a saucepan on induction setting 7 or over a medium to high heat on gas and sauté the onion and garlic for 3-5 minutes until softened. Add the paprika and chilli and cook another minute. Stir in the passata, tomato paste, stock, oregano, salt and pepper, reduce to induction setting 4 or 5 and simmer for 3-4 minutes. Pour the sauce over the meatballs and bake for 20 minutes. Place the cheese slices over the meatballs and cook a further 10 minutes until the cheese is melted and golden.

Heat the butter and oil in a small fry pan on induction setting 6 or a medium heat on gas, add the garlic and cook for 1-2 minutes then stir in the panko crumbs and rosemary. Stir continually until the crumbs are golden. Cool.

Spoon the meatballs into serving bowls and top with a sprinkle of Pangrattato.

Serve with a green salad.

1/2-1 tspn chilli flakes

700g bottle passata

140g can tomato paste

2 tspns dried oregano

Salt and pepper, to taste

220g bocconcini, drained and each cut into
3 slices

Pangrattato

30g butter

1 tblspn oil

2 cloves garlic, crushed

1 1/4 cups panko breadcrumbs

2 tspns chopped rosemary leaves

Salt and Pepper, to taste

Green salad, for serving

Notes

Microwave Combi Oven Method:

Combine all the meatball ingredients in a bowl, mix well and roll tablespoons of mixture into balls, approx. 22 (note original recipe says 32).

Spray a 3 litre Pyrex baking dish with oil and add the meatballs.

Place onto rack on shelf position 2. Select Circoroast 210°C with 360W for 7 minutes. Remove and keep warm.

Meanwhile heat the oil in a saucepan over a medium to high heat, induction setting 7 and saute the onion and garlic for 3-5 minutes until softened. Add the paprika and chilli and cook another minute. Stir in the passata, tomato paste, oregano, salt and pepper, reduce to induction setting 4 or 5 and simmer for 6 minutes. Pour the sauce over the meatballs and top with cheese slices.

Place in the oven on shelf 1, Select Hot Air 180°C with 360W for 15 minutes or until golden.

Meanwhile, heat the butter and oil in a small fry pan on induction setting 6, add the garlic and cook for 1-2 minutes then stir in the panko breadcrumbs and rosemary. Stir continually until the crumbs are golden. Cool.

Spoon the meatballs into serving bowls and top with a sprinkle of Pangrattato.

Serve with a green salad.