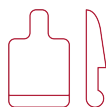




Baked Pork and Veal Meatballs



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

To start your Pork and Veal Meatballs Bake, preheat the oven to 200°C [CircoTherm®](#).

Combine in a bowl all the meatball ingredients, mix well and roll heaped tablespoons of mixture into meatballs, approx 32.

Spray a 3 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 temp to 180°C.

Meanwhile heat the oil in a saucepan over a medium to high heat, [induction](#) setting 7 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, oregano, salt and pepper, reduce to induction setting 4 or 5 and simmer for 6 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, 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

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