



INGREDIENTS

250g pork mince

250g beef mince

1/2 cup parmesan cheese (grated)

2 garlic cloves (minced)

1 egg (lightly beaten)

1/4 cup breadcrumbs

1 tsp dried Italian / mixed herbs

For Sauce:

1 garlic clove (minced)

1 x 400g tin diced tomatoes

1 x 400g jar passata

Fresh herb selection (rosemary, thyme & basil - dried is also fine)

1-2 cups cheese e.g. Colby (grated)

INSTRUCTIONS

1. Preheat the oven grill to high
2. Place mince, parmesan, garlic, egg, breadcrumbs & dried mixed herbs into a bowl. Season with salt & pepper and mix well to combine. Roll level tablespoons of mixture into balls
3. Heat a tablespoon of oil in a frypan over medium-high heat. Cook meatballs, turning occasionally, for 5 mins or until browned. Remove from pan & set aside
4. Heat another tablespoon of oil in the pan over low heat. Add the garlic and cook for 30 secs. Add diced tomatoes and passata. Add the fresh herb selection, stir and bring to a simmer for 10 mins
5. Place meatballs in an ovenproof dish, pour over the sauce, sprinkle with grated cheese and grill for 5-6mins or until the cheese is melted and golden
6. Serve with fresh cooked greens such as beans & brocoli and some crusty bread

Meatball Parmigiana



4 servings



40 minutes

Our Italian meatball parmigiana is the ultimate in comfort food & the use of two different kinds of mince adds a real depth of flavour. An easy but hearty recipe - this is sure to become a favourite.

Leftovers Idea: The next day cook your pasta of choice, reheat the meatballs & sauce in the microwave and place on pasta. Top with some grated cheese & enjoy! As with many mince dishes this is even better the next day or freezes a charm.