

Meat Balls with Pasta

Ingredients:

3 - 4 tbsps good quality vegetable oil
1 large Spanish onion
2 cloves minced garlic
1/2 kg each minced pork and veal
2 eggs
3 slices day old bread soaked in milk
Breadcrumbs/flour
1 cup grated Italian parmesan cheese
Salt and pepper
Pinch of ground nutmeg

Method:

In a large bowl combine meat, onion, garlic, bread, eggs & seasonings.
Add enough breadcrumbs to form firm consistency.
Hand roll into 20 cent size balls. In a deep frypan heat 3- 4 tablespoons oil.
Add meat balls and brown on both sides. In the meantime cook pasta.
To meatballs add a jar of your favorite More Than A Mouthful pasta sauce.
Simmer for a few minutes.
Drain cooked pasta.
Pile on meatballs and top with parmesan and parsley.
Serve with green salad.

