

THE RECIPE

Spaghetti and meatballs

CULTURE

13_11_2021



Ingredients (serves 4)

400g spaghetti

For the meatballs

250g minced meat (beef or other)

250g minced pork

2 garlic cloves

1 egg

50g grated Parmesan cheese

50g breadcrumbs

1 tablespoon chopped parsley

10cl milk

Salt and pepper

For the sauce

500g tomato puree

1 onion

1 carrot

3 cloves of garlic

Olive oil

10cl water

Basil

Sugar

Salt and pepper

Preparation

Prepare the meatballs first: preheat the oven to 200°C (SP. 6/7).

In a large bowl, mix together the various ingredients for the meatballs (meat, parmesan cheese, breadcrumbs, milk, etc.) and shape the meatballs by hand. Place them on a baking tray lined with baking paper and bake in a hot oven for 15 minutes.

While they are cooking, prepare the sauce. Slice the onion and chop the carrot into small pieces. In a frying pan, brown the onion and carrot in a little olive oil for about 5 minutes.

Chop the garlic and add it to the preparation. Pour in the tomato puree and water. Simmer for 15 minutes. When the sauce is ready, add the meatballs, season and add a little basil. Leave to cook for a further 15 minutes over a gentle heat.

In the meantime, cook the spaghetti in plenty of salted water, drain and dress with the sauce and meatballs.

(Liana Marabini)