

THE RECIPE

## Spaghetti and meatballs

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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)*