

Italian meatballs, Feta, crushed tomato, green beans in salad, croutons and truffle oil

Recipe for 4

Description

Family team work will add to the warmth of this meal.

Note

Remember that feta is a very salty cheese. Adjust your seasoning to account for the cheese you put on top.

Ingredients

Boulettes de viande

- 500 Gr Ground beef
- 2 Clove(s) Chopped garlic
- 50 Gr Feta cheese
- 20 Gr Breadcrumbs
- 50 Ml Milk
- 1 Unit(s) Egg
- 1 Unit(s) Onion
- 1 Unit(s) Can of crushed plum tomatoes (28 oz)
- 6 Sprig(s) Parsley
- 500 Gr Green beans
- 1 Unit(s) Onion
- 6 Slice(s) Soft bread
- 1 Tsp Truffle oil
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil
- 0 Berries 3 peppers
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Meatballs and tomato sauce

Meatballs

In a bowl, mix the garlic, ground beef, feta, breadcrumbs, milk, egg and parley. Season with salt and pepper.

Using your hands, roll the meat mixture into balls and place on a baking tray with parchment paper. Place the tray in the oven and cook for 15 mins in the oven.

Tomato Sauce

While the meatballs are in the oven, heat a large pan with oil and sautee the onions over medium high heat, until starting to turn transparent, then add the canned tomatoes (and half of the liquid from the can). Season with salt and let simmer for about 15 minutes. Add the meatballs and lower the heat to low. Simmer for 20 minutes, periodically pouring the tomato sauce over the meatballs to keep them from drying out.

Plating

Bon appétit!