

Italian meatballs with black olive Penne Rigate --copy

Recipe for 2

Description

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

Note

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

Ingredients

Meatballs

- 250 Gr Ground beef
- 1 Clove(s) Chopped garlic
- 35 Gr Grated parmesan
- 15 Gr Breadcrumbs
- 25 Ml Milk
- 1 Unit(s) Egg
- 0.50 Unit(s) Onion
- 0.50 Unit(s) Can of crushed plum tomatoes (28 oz)
- 1 Unit(s) Green onion

Penne Rigate

- 175 Gr Penne rigate
- 1 Clove(s) Chopped garlic
- 15 Chips Parmesan
- 1 Unit(s) Green onion
- 100 Gr Pitted black olives
- 4 Leaf(ves) Basil

Preparation

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

To prepare before class

Ingredients

Peel and chop the garlic finely.

Open the can of tomatoes.

Make sure the Parmesan is grated.

Make sure the black olives are seedless.

Material

1 cutting board, 1 chef knife, 1 pairing knife, 1 spatula, 1 wooden spoon, 1-2 bowls, 1 whisk and 1 pot and strainer.

Plating

In a deep dish, place the pasta in the bottom and make a little well in the middle.

In the well, place the meat balls, and cover with some tomato sauce.

Finish with shaved parmesan and a basil leaf.

Just before serving, finish with some olive oil on top.

Olive Penne Rigate

Bring a large pot of salted water to a rolling boil. Add the penne and cook for around 10 minutes (until al dente).

Drain the pasta and set aside.

In the same pot add a knob of butter, and sautee the garlic and the olives for a minute

Add the pasta and mix delicately, trying not to colour the pasta. Season with salt and pepper.

Meatballs and tomato sauce

Meatballs

In a bowl, mix the garlic, ground beef, parmesan, breadcrumbs, milk, egg and parsley. 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.

Preparation

Chop garlic, finely dice onion, remove parsley from stems and chop leaves.

Drain olives, be sure they are pitted.

Bon appétit!