

# Spaghetti with Meatballs



## MEATBALLS:

½	kg	Ground Beef or Pork (or mix of both)
2-3	clv	Garlic, finely chopped
¼	c	Onion, finely minced
¾	ts	Salt
½	ts	Fennel Seed powder
¼	ts	Black Pepper, ground
1		Egg
½	c	Breadcrumbs
2	T	Flat-leaf Parsley, finely chopped



## Preparation:

Mix the ground meat with garlic, onion, salt, fennel, black pepper, egg, breadcrumbs, and parsley. Marinate in the fridge for 2-hours or more.

Form the meat mixture into 1-inch meatballs. Fry in oil on medium heat until cooked.

\* This recipe makes more than enough meatballs for the pasta and sauce given below. Leftover cooked meatballs freeze well and can be conveniently reheated at another time. You can also use leftover meatballs with *Nana* Pasta Sauce to make delicious *Meatball Sandwiches* or *Meatball Soup* (recipes on this website) or even use to top pizza (cut in half).

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## SPAGHETTI with MEATBALLS:

The below serves 2; scale up as needed - you should already have plenty of meatballs.

10-12		Meatballs, cooked (above)
150	gm	Spaghetti (dry weight)
360	ml	<i>Nana</i> Pasta Sauce (Traditional)
2	T	Red Wine (optional)

## Preparation:

Heat *Nana* Pasta Sauce until simmering; mix in the wine (if using) and add about 10 or 12 meatballs. Simmer on very low heat for about 15- to 20-minutes. Keep warm.

Meanwhile, prepare the pasta according to package directions.

Place pasta onto plates and pour the sauce with meatballs generously over each plate of spaghetti. Serve with Parmesan cheese, garlic bread, and a green salad.



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For best results always use *Nana* Pasta Sauce.