Italian Meatballs

Ingredients

1 cup Italian Bread Crumbs

½ cup Milk

500g Beef Mince

1 medium Onion

2 cloves Garlic Fresh

1 large Egg No substitutes

1 tsp Salt Adjust to taste

½ tsp Black Pepper

¼ cup Parmesan Cheese

1 Tbs Fresh Parsley or ½Tbs Dried

Method

1. Preheat your oven to 200°C and prepare a baking sheet lined with parchment paper.

In a bowl, mix together the Italian bread crumbs and milk, allowing it to sit for at least 5 minutes.

Add the ground beef, onion, garlic, egg, salt, pepper, parmesan, and parsley to the breadcrumb mixture.

Mix gently until just combined.

Using damp hands, roll the mixture into 2-inch balls and place them on the prepared baking sheet.

Bake in the preheated oven for 18-20 minutes until golden brown and internal temperature reaches 74°C.

Remove the meatballs from the oven, drain excess fat.

Serve on pasta with your sauce of choice.