



Meatball and Noodle Casserole

10'
Hands on

70'
Cook Time

15
Portion(s)

1
Difficulty



Ingredients

For the meatballs

- 3 onions
- 500 g ground beef
- 4 tablespoon(s) wheat rusk
- parsley, finely chopped
- mint, finely chopped
- 1 egg
- salt
- pepper
- all-purpose flour, for the dusting

For the sauce

- 4 tomatoes, ripe, chopped into cubes
- 3 red bell peppers, chopped into small cubes
- 2 clove(s) of garlic, minced
- 100 ml olive oil
- salt
- 1 vegetable bouillon cube
- 300 g hilopites (Greek pasta)

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Preheat oven to 200* C (390 *F) Fan.
- Place a pan over medium to high heat.
- Add 1 tablespoon of olive oil and the chopped onions.
- Sauté until they soften and turn golden.
- When ready, transfer to a large bowl and set aside to cool.
- Add the ground meat, breadcrumbs, parsley, mint, egg, salt and pepper.
- Mix and mash the mixture, until all of the ingredients are completely combined.
- Shape them in to 3 cm meatballs.
- Dredge them in some flour.
- Place a pan over medium to high heat.
- Add enough olive oil, until it covers the bottom of the pan and reaches 1 cm in depth.
- Add the meatballs and fry for about 3-4 minutes, until they are golden brown all over.
- When ready, remove from pan and transfer to a plate lined with paper towels.
- Place a wide pot over medium heat.
- Add the tomatoes, peppers, garlic, olive oil, salt and bouillon cube.
- Simmer for about 15-20 minutes, until the sauce thickens.
- Transfer the sauce to a pyrex baking dish.
- Add a glass of water, the meatballs and noodles.
- Bake for 40 minutes or until the noodles are completely done.
- Add more water if necessary.

Tip

The meatballs do not need to pick up too much flour... you don't need to fill large plates of flour for dredging since it will go to waste. Also, the tomatoes, peppers and garlic can be pureed in a food processor if you prefer a creamier sauce.

Διατροφικός πίνακας

Nutrition information per portion

259 Calories (kcal)	13.0 Total Fat (g)	3.2 Saturated Fat (g)	23.0 Total Carbs (g)
13%	19%	16%	9%
5.2 Sugars (g)	11.0 Protein (g)	3.0 Fibre (g)	0.59 Sodium (g)
6%	22%	12%	10%