



Greek Meatball Spaghetti

20'
Hands on

20'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 1 tablespoon(s) milk
- 1 slice bread, white, crust removed and cut in to pieces
- 700 g ground pork
- 1 teaspoon(s) fennel leaves, seeds
- 1 teaspoon(s) chili flakes
- 4 clove(s) of garlic, minced
- salt, coarse
- pepper, black
- 200 g feta cheese
- 2 tablespoon(s) olive oil
- 800 g canned tomatoes
- 1 teaspoon(s) granulated sugar
- 2 teaspoon(s) vinegar, of red wine
- 500 g spaghetti
- 3 spring onions, finely chopped
- 1 chili pepper, seeds removed and thinly sliced
- parmesan cheese, grated
- 1/2 bunch basil

Method

- In a large bowl, add the milk and bread and set aside for 5 minutes or until the bread soaks up all of the milk.
- Add the ground pork, fennel, chili flakes, half the garlic, salt and pepper.
- Mix and mash together with your hands, until all of the ingredients are completely combined.
- Shape mixture in to 24 round meatballs. Add a cube of feta cheese in the middle of each meatball and shape nicely again.
- Heat 1 tablespoon of olive oil in a large nonstick pan over medium heat.
- Add the meatballs and cook for 4-5 minutes, turning them over occasionally, until they are cooked through and golden on all sides.
- Add the remaining olive oil and garlic. Cook for 30 seconds.
- Add the chopped tomatoes, sugar and vinegar.
- Cook for about 2 minutes or until the sauce thickens.
- In the meantime, place a pot with 4 liters of water over high heat and bring to a boil.
- Add 1 tablespoon of salt and the pasta. Cook according to the directions on the box, while stirring continuously.
- When ready, drain and return to pot. Add the sauce with the meatballs and remove from heat.
- Add the spring onions and chili pepper. Stir.
- Transfer pasta to a serving platter and arrange the meatballs nicely over the top.
- Serve with grated parmesan or crumbled feta cheese, basil or any other herbs you like.

Tip

Serve it with rice, as well!

Διατροφικός πίνακας

Nutrition information per portion

598 Calories (kcal)	16.0 Total Fat (g)	5.6 Saturated Fat (g)	71.0 Total Carbs (g)
30%	23%	28%	27%
7.7 Sugars (g)	38.0 Protein (g)	6.9 Fibre (g)	1.7 Sodium (g)
9%	76%	28%	28%