



Turkey meatballs and pasta

40'
Hands on

40'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Add the bread slices in a food processor and process until they are finely crumbed.
- Transfer the breadcrumbs into a **bowl** along with the ground meat.
- In the food processor add the cumin, the paprika, the garlic, the chicken cube, the olive oil, and process well.
- Add the ingredients into the bowl with the ground turkey.
- Finely chop the parsley, add it to the bowl, and mix the ingredients with your hands until homogenized. Shape about 18 meatballs.
- Heat the seed oil in a deep non-stick **frying pan**, 30 cm in diameter, or in a wide **pot** over medium heat. Add half of the meatballs in and fry them until golden brown on all sides, for about 4-5 minutes. Attention! You do not want them to cook through, just to turn nicely golden.
- Remove and place them on a plate with kitchen paper.
- Follow the same process for the remaining meatballs.

For the sauce

- Place a frying pan along with 2 tablespoons of olive oil over medium heat.
- Finely chop the onion and the garlic, add them to the pan, and sauté for 1 minute, mixing constantly.
- As soon as they are golden, add the tomato paste and sauté for 1 more minute.
- Deglaze the pan with the wine, stirring until the sauce is homogenized.
- Add the canned tomatoes, the chicken cube, the chili flakes, salt, pepper, and the meatballs.
- Simmer for 30 minutes with the lid on, stirring occasionally.
- Remove the meatballs and transfer them onto a plate.
- At the same time, boil the pasta according to the packet's instructions.
- Remove from the heat, drain the pasta, transfer back into the pot, and add the sauce.
- Finely chop the basil, add it to the pasta, and mix well.
- Transfer the pasta onto a platter and place the meatballs on top.
- Serve with rocket leaves.

Ingredients

For the meatballs

- 4 slices sandwich bread
- 700 g ground turkey
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) paprika
- 1 clove(s) of garlic
- 1 chicken bouillon cube
- 2 tablespoon(s) olive oil
- 1/2 bunch parsley
- seed oil, for frying

For the pasta and the sauce

- 2 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) tomato paste
- 150 ml red wine
- 800 g canned tomatoes
- 1 chicken bouillon cube
- 1 pinch chili flakes
- salt
- pepper
- 500 g linguine
- 3 tablespoon(s) basil, finely chopped
- rocket, to serve

Διατροφικός πίνακας

Nutrition information per portion

735 Calories (kcal)	24.0 Total Fat (g)	3.7 Saturated Fat (g)	79.0 Total Carbs (g)
37%	34%	19%	30%
9.7 Sugars (g)	45.0 Protein (g)	6.9 Fibre (g)	1.6 Sodium (g)
11%	90%	28%	27%