



**STEAMED ITALIAN  
STYLE MEATBALLS**

# STEAMED ITALIAN STYLE MEATBALLS



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
189 kcal  
9g Fats  
12g Carbs  
15g Protein



DF LC

## WHAT YOU NEED

- 9 oz. (250g) 50/50 lean pork beef mince
- 2-3 slices bread of choice, soaked in water
- 1 small chili pepper, deseeded and chopped
- 1 garlic clove, finely chopped
- 1 handful fresh parsley, finely chopped
- 1 ½ tbsp. olive oil

## WHAT YOU NEED TO DO

*Soak the bread in water for about 10 minutes.*

*Place the meat mix in a bowl. Squeeze out excess water from the bread and add to the meat. Season with salt and pepper. Next add the chopped chili (but use only half if it is very hot), garlic, parsley and 1 tbsp. olive oil. Using your hands mix everything together.*

*Bring a pot of water to the boil, placing a plate on top instead of the lid. Once water has boiled, grease the plate with ½ tbsp. of olive oil and add in ¼ cup of boiling water.*

*Next, using wet hands form meatballs about the size of a cherry tomato and place on the plate. Carry on until you've used all the meat. At this stage, add in a little bit more boiling water to the meatballs, but make sure not to cover them. Finally, cover the meatballs with a plate or lid and steam for 30-35 minutes.*

*Once ready serve with pasta and an extra sprinkle of fresh parsley. Also great with Parmesan.*