

MEATBALLS IN TOMATO SAUCE WITH ORZO

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COOK TIME: 50mins

SERVES: 4

CALORIES: 401 kcal (PER SERVING)

INGREDIENTS

200 g (7 oz) orzo
250 (8.8 oz) cherry tomatoes
1 can (400 g/15 oz) tomato puree
500 ml (2 cups) chicken broth,
or vegetable broth
140 g (4.9 oz) tomato paste
3 tbsp olive oil
1 tbsp unsalted butter
4 garlic cloves, minced
1 small onion, finely chopped
40 g (1.4 oz) grated Parmesan, more for serving
2 tbsp chopped parsley, more for serving
seasoning: 1 tsp each: black pepper,
dried oregano, sweet paprika, red pepper flakes
salt, to taste

*MEATBALLS

500 g (17.6 oz) ground meat,
I used 70% pork with 30% veal
1/2 tsp each: salt, black pepper, dried oregano,
garlic powder, onion powder
1 egg yolk
2 tbsp breadcrumbs

DIRECTIONS

Combine all the ingredients for the meatballs in a large bowl. Mix until just combined, using your hands. Roll the meat into 2 tablespoon-size balls.

In a large non-stick skillet, heat butter and 2 tbsp olive oil over medium heat. Add the meatballs and brown on all sides, about 10 minutes or until they're cooked through, turning them 2-3 times. Add tomatoes, cook for 2-3 minutes, or until they start to burst. Transfer to a plate, leaving as much fat in the skillet as possible.

In the same skillet, add the remaining oil and onion. Cook for 5 minutes over low heat. Add garlic, cook for 2 minutes. Deglaze with 2 tbsp broth, and scrape the bottom with a wooden spoon to release the brown bits. Add seasoning and stir in tomato paste. Cook for 2 minutes. Add orzo and cook for 2 minutes more, stirring constantly.

Pour chicken broth, stir to combine and bring to a boil. Add tomato puree, give it a good stir, cover and let simmer for 15 minutes or until orzo is al dente. Stir from time to time.

Stir in the parsley and Parmesan. Then slide the meatballs and cherry tomatoes back into the skillet. Cover, lower the heat and cook for 5 minutes more. Taste and adjust salt.

Spoon the orzo and meatballs into bowls, top with a sprinkle of Parmesan cheese, and more chopped parsley. Enjoy!

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