

SPAGHETTI & MEATBALLS IN TOMATO EGGPLANT SAUCE

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COOK TIME: 45mins

SERVES: 4

CALORIES: 613 kcal (PER SERVING)

INGREDIENTS

9 ounces/250 g spaghetti

*MEATBALLS

1 pound/450 g ground meat,
a mix of pork and veal

¼ tsp each: salt, black pepper,
Italian seasoning, dried garlic

1 egg yolk

2 tbsp bread crumbs

3 tbsp grated Parmesan

*TOMATO EGGPLANT SAUCE

1 tbsp olive oil

1 tbsp unsalted butter

1 eggplant, cut into bite-sized pieces

1 medium yellow onion, finely chopped

4 garlic cloves, minced

½ tsp each: salt, black pepper, sugar, sweet paprika

1 tsp Italian seasoning

¼ tsp red pepper flakes

½ cup/120 ml sweet red wine

1 can (28 oz/800 g) crushed tomatoes

3.5 ounces/100 g black olives

DIRECTIONS

Add all the ingredients for the meatballs to a large bowl. Mix until just combined, using your hands. Roll the meat into balls.

Get all the prep done before you start cooking: mince the garlic, finely chop the onion, cut the eggplant into bite-sized pieces.

Set a large pot with generously salted water over high and bring to a boil.

Heat oil and butter in a large skillet. Add meatballs, cook until lightly browned on all sides, but not cooked through. Remove from skillet.

Add eggplant, cook for 5 minutes or until it starts to soften. Add more olive oil, if needed. Add garlic and onion, cook until soft and fragrant, about 3 minutes.

In the meantime, add spaghetti to the pot with boiling water. Cook until al dente, drain.

Add salt, pepper, paprika, Italian seasoning, sugar and red pepper flakes to the skillet. Deglaze with red wine, cook for 3 minutes.

Add crushed tomatoes and bring to a boil. Stir in meatballs and black olives. Simmer for 10 minutes or until the meatballs are cooked through.

Toss in spaghetti, serve!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.