

OVERALL time: 50 mins

3 WAY STUFFED MEATBALLS IN SPICY TOMATO SAUCE

Meatballs in tomato sauce are a winner any day of the week - even more so when those meatballs contain a hidden-centre surprise! We share our ultimate beef meatball mix recipe and give you three ideas for stuffing them. As for the tomato sauce? It's not just any old tomato sauce either, because we give ours plenty of smoky, spicy attitude.

Metric

Number of servings : 2

ingredients

FOR THE ROAST POTATO SALAD

- 2.66 kgs potatoes
- 2 Tbsp extra virgin olive oil

FOR THE DRESSING

- 4 Tbsp extra virgin olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Start by making the dressing so that it has time to infuse. Simply whisk all the dressing ingredients together and set it aside.

Wash and dry the potatoes. Pour over 1-2 tablespoons olive oil and toss to ensure the potatoes are all lightly coated with oil. Tumble potatoes onto a baking tray and grind over Cape Herb & Spice Atlantic Sea Salt. Bake in a pre-heated 200°C oven until the potatoes are cooked through and soft - it takes about 30 minutes depending on the size of the baby potatoes.

While the potatoes are roasting, fry the bacon until crispy. Add the bacon and the rest of the salad ingredients (except the parsley) to a large bowl. Once the potatoes are cooked, add them to the

rest of the salad ingredients while still super hot and immediately pour over the dressing. Toss to ensure everything is thoroughly coated in dressing. (Tip: if the baby potatoes are very small, leave them whole. If some are quite large, you can halve them.) Scatter over the parsley, give it a final toss and serve warm.

STUFFING #1: MOZZARELLA CHEESE

Cut mozzarella cheese into 1cm blocks. Place some meatball mix in the palm of your hand and place the mozzarella block in the middle. Cover it with more meatball mix and roll it in your hands to form, a perfect ball with no visible cracks.

STUFFING OPTION #2: GNOCCHI.

Buy ready-made gnocchi from your supermarket – go for the top quality fresh gnocchi you'll find in the fridge section, not the long-life stuff you'll find on the shelf. Boil the gnocchi in plenty of water until they rise to the top – it takes mere seconds. Spoon out and allow the gnocchi to cool for a few seconds until they're comfortable to handle. Using the same technique as with the mozzarella cheese block, stuff the meatball with one or two pieces of gnocchi.

STUFFING OPTION #3: GIANT PASTA SHELLS.

Cook giant pasta shells until just al dente – it must still be very firm to the bite, then drain pasta and allow to cool. Stuff the inside of each pasta shell with a bit of meatball mix, then add more meat to cover the entire shell and roll it in your hands to shape a perfect ball.

To finish the dish: Heat a tablespoon or two of vegetable oil in a large non-stick pan and fry the meatballs until brown on the outside. Spoon the tomato sauce into a large oven-proof dish and place the meatballs in the sauce (They may be brown on the outside but will still be raw on the inside and will finish cooking in the oven.) Dot any open spaces of tomato sauce with slices of normal mozzarella or fresh mozzarella bocconcini balls. Bake in a pre-heated 180 degrees Celsius oven for 30 minutes. To serve, top with some fresh basil.

Recipe concept & photography by Lizet Hartley <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

Metric

ingredients

FOR THE ROAST POTATO SALAD

- 2.66 kgs potatoes
- 2 Tbsp extra virgin olive oil

FOR THE DRESSING

- 4 Tbsp extra virgin olive oil

Number of servings :2

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Start by making the dressing so that it has time to infuse. Simply whisk all the dressing ingredients together and set it aside.

Wash and dry the potatoes. Pour over 1-2 tablespoons olive oil and toss to ensure the potatoes are all lightly coated with oil. Tumble potatoes onto a baking tray and grind over Cape Herb & Spice Atlantic Sea Salt. Bake in a pre-heated 200°C oven until the potatoes are cooked through and soft – it takes about 30 minutes depending on the size of the baby potatoes.

While the potatoes are roasting, fry the bacon until crispy. Add the bacon and the rest of the salad ingredients (except the parsley) to a large bowl. Once the potatoes are cooked, add them to the rest of the salad ingredients while still super hot and immediately pour over the dressing. Toss to ensure everything is thoroughly coated in dressing. (Tip: if the baby potatoes are very small, leave them whole. If some are quite large, you can halve them.) Scatter over the parsley, give it a final toss and serve warm.

STUFFING #1: MOZZARELLA CHEESE

Cut mozzarella cheese into 1cm blocks. Place some meatball mix in the palm of your hand and place the mozzarella block in the middle. Cover it with more meatball mix and roll it in your hands to form, a perfect ball with no visible cracks.

STUFFING OPTION #2: GNOCCHI.

Buy ready-made gnocchi from your supermarket – go for the top quality fresh gnocchi you'll find in the fridge section, not the long-life stuff you'll find on the shelf. Boil the gnocchi in plenty of water until they rise to the top – it takes mere seconds. Spoon out and allow the gnocchi to cool for a few seconds until they're comfortable to handle. Using the same technique as with the mozzarella cheese block, stuff the meatball with one or two pieces of gnocchi.

STUFFING OPTION #3: GIANT PASTA SHELLS.

Cook giant pasta shells until just al dente – it must still be very firm to the bite, then drain pasta and allow to cool. Stuff the inside of each pasta shell with a bit of meatball mix, then add more meat to cover the entire shell and roll it in your hands to shape a perfect ball.

To finish the dish: Heat a tablespoon or two of vegetable oil in a large non-stick pan and fry the meatballs until brown on the outside. Spoon the tomato sauce into a large oven-proof dish and place the meatballs in the sauce (They may be brown on the outside but will still be raw on the inside and will finish cooking in the oven.) Dot any open spaces of tomato sauce with slices of normal mozzarella or fresh mozzarella bocconcini balls. Bake in a pre-heated 180 degrees Celsius oven for 30 minutes. To serve, top with some fresh basil.

Recipe concept & photography by Lizet Hartley <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>