Down Syndrome New South Wales

Italian beef meatballs

Recipe Card

People with Down Syndrome

Ingredients

- 2 slices white bread, crusts removed, torn
- 1/2 cup milk
- 1 medium brown onion, grated
- 500g beef mince
- 1 egg, lightly beaten
- 1/3 cup finely chopped fresh basil leaves
- 1/3 cup finely grated parmesan cheese
- 1/3 cup chopped fresh parsley leaves
- 2 tbsp olive oil
- 500g jar tomato pasta sauce (see note)
- Cooked pasta, to serve

Directions

Step 1

- Place **bread** ***(2 slices white bread, crusts removed, torn)*** in a large bowl.
- Add 1/2 cup milk
- Stand for 5 minutes
- Add 1 medium brown onion, 500g beef mince, 1 egg, lightly beaten, 1/3 cup finely chopped fresh basil leaves, 1/3 cup finely grated parmesan cheese, and half the 1/3 cup chopped fresh parsley leaves.
- Season with salt and pepper
- Mix to combine
- **Roll level tablespoons of mixture into balls**
- Place on a plate

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Step 2

- Heat **2 tbsp olive oil in a large frying pan over medium-high heat**.
- Cook meatballs, turning, for 5 to7 minutes or until browned and cooked through.
- Add 500g jar tomato pasta sauce.
- Bring to the boil
- **Reduce heat to medium.**
- Simmer for **2 to 3 minutes** or until heated through
- Sprinkle with remaining parsley
- Serve with cooked pasta, to serve.