



Serves 4
Time 30 minutes

Zucchini Meatballs

3 medium zucchini, grated and excess liquid squeezed out
Salt and pepper to taste
2 garlic cloves, grated
¼ cup basil, chopped
1 egg, beaten
1 cup panko breadcrumbs
½ cup parmesan, grated
1 pinch ground black pepper
2 tbsp extra virgin olive oil
½ red onion, diced
2 garlic cloves, minced
700g tomato passata

In a large bowl add the zucchini, garlic, basil, egg, panko bread crumbs, half the parmesan, salt and pepper.

Mold the mixture into small balls with your hands.

Heat a medium non stick pan with olive oil, add the meatballs and fry on all sides about 8-10 minutes or until golden brown.

Drain the meatballs on paper towel.

In the same pan saute onion and garlic for 2 minutes and add passata sauce.

Add the zucchini meatballs. Let simmer in sauce for about 3-5 minutes or until the sauce is warmed through.

Serve with grated Parmesan.



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