

Choco Fever Dream

Baked Meatball Parmesan: Easy Family-Friendly Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Meatballs

- [ ] 1 lb ground beef (80/20)
- [ ] 1/2 cup breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 egg
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tsp Italian seasoning
- [ ] Salt and black pepper to taste

Sauce & Topping

- [ ] 2 cups marinara sauce
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil

Optional Add-ins

- [ ] 1/2 cup sliced mushrooms
- [ ] 1/4 cup chopped fresh basil

Instructions

1. Preheat the oven to 400°F (200°C). In a bowl, combine ground beef, breadcrumbs, Parmesan, egg, parsley, seasoning, salt, and pepper; mix gently.
2. Shape the mixture into golf-ball sized meatballs and place them on a parchment-lined baking sheet.
3. Drizzle olive oil over the meatballs, then bake for 12-15 minutes until lightly browned.
4. Meanwhile, simmer marinara sauce with minced garlic and lemon zest in a saucepan; add sliced mushrooms if using.
5. Remove meatballs, spoon sauce over them, sprinkle mozzarella and additional Parmesan; return to oven and bake 8-10 minutes until cheese bubbles and turns golden.
6. Garnish with fresh basil and serve hot, perhaps alongside a simple pasta or crusty bread.

Nutrition per serving

420 kcal	31 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes to the sauce.
- For extra crispness, broil the final minute, watching closely.
- Leftovers reheat gently on the stovetop with a splash of water to loosen the sauce.