

Choco Fever Dream

Italian Meatball Recipe – Quick & Easy

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Meatball Mix

- [ ] 1 lb ground beef (80/20)
- [ ] 1/2 cup fresh breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1/4 cup finely chopped parsley
- [ ] 2 cloves garlic, minced
- [ ] 1 large egg, lightly beaten
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp dried oregano

Cooking

- [ ] 2 tbsp olive oil
- [ ] 1 cup marinara sauce (optional for finishing)

Instructions

1. In a large bowl, combine the beef, breadcrumbs, Parmesan, parsley, garlic, egg, salt, pepper, and oregano. Gently fold with your hands until just mixed; avoid over-working.
2. Form the mixture into golf-ball-size spheres. Chill on a tray for 15 minutes to firm up.
3. Heat olive oil in a skillet over medium-high heat. Add the meatballs, giving them space, and sear until browned on all sides, about 5-6 minutes.
4. If you like them sauced, pour marinara over the browned balls, reduce heat, and simmer for 10 minutes until cooked through.
5. Serve hot over pasta, in a sub roll, or as a snack with a drizzle of extra marinara.

Nutrition per serving

320 kcal	24 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- To keep meatballs extra tender, let the mixture rest before shaping.
- For a richer flavor, finish the meatballs in a simmering sauce rather than just pan-frying.
- A small dollop of ricotta inside each ball adds a creamy surprise.