Italian Meatballs with Eggs

A family favourite now elevated by the humble egg. In this recipe, we take tender meatballs, flavourful pasta sauce, and drop softly poached eggs throughout the entire dish. The end result is an easy, nutritious, filling dinner that everyone will enjoy. See all the steps below.

Ingredients

Meatballs

- ½ cup grated zucchini
- ½ cup grated carrot
- 500g beef and pork mince
- 6 eggs
- 3 tsp Italian seasoning mix

- 1 small onion, finely chopped

- 1 clove garlic, crushed

- 1 Tbsp Worcestershire

- ½ cup grated parmesan

- ½ cup dried breadcrumbs

- 2 Tbsp olive oil

Sauce

- 400g jar pasta sauce with basil

- 400g can diced tomatoes

- 4 eggs

- 1 cup grated mozzarella

- Cooked garlic bread, to serve (optional)

- Basil leaves, to serve

Method

1. Process zucchini and carrot in a small food processor until finely chopped. Combine vegetable mixture, mince, 1 egg, seasoning, onion, garlic, Worcestershire, parmesan and breadcrumbs. Season with salt and pepper. Mix well. Roll heaped tablespoons of mixture into balls using damp hands.

2. Heat oil in a large, frying pan over a medium low heat. Cook meatballs, shaking pan, for 8 minutes until browned. Add pasta sauce and tomatoes. Stir to combine. Bring to a simmer. Simmer for 8-10 minutes until thickened.

3. Use a spoon to move meatballs aside to make 6 holes. Crack remaining eggs into each hole. Sprinkle mozzarella around eggs and over the top. Cover and cook for a further 7-9 minutes or until eggs are just set and mozzarella melted. Serve sprinkled with basil leaves.

Notes

- **Weekly Meal Prep Tip:** Double the meatballs and freeze half so you have a meal ready to go during the week.

- Warm leftovers gently on 50% microwave heat for approximately 3-5 minutes

- You could also serve with fettuccine and a crisp green salad.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
357g	**1870**kJ **447**kcal	**34.3g**	**25.7g**	**10.3g**	**17.7g**	**8.7g**	**710mg**	**3.6g**

Vitamin D
6.8μg

All nutrition values are per serve.