

SPAGHETTI WITH SPICY MEATBALLS

INGREDIENTS

for the meatballs

Ingredients

1 pound ground beef (88%-90% lean)
1 small onion, finely diced
1 tablespoon fresh parsley, minced
1 egg
1/2 cup panko bread crumbs
1 teaspoon herbs de Provence
2 teaspoons red pepper flakes
salt and freshly ground black pepper, to taste
2 tablespoon vegetable oil, for the pan

DIRECTIONS

In a mixing bowl, combine beef, onion, parsley, egg, bread crumbs, herbs de Provence, red pepper flakes, salt and pepper. Mix thoroughly (I do this with my hands). Make balls of approximately 4 tablespoons. This should make about 10-12 meatballs.

Heat oil over medium heat in a non-stick pan. Place each meatball in the pan. Cook on medium heat for 8-10 minutes, turning occasionally. Serve hot with spaghetti and a marinara/tomato sauce.