

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Tuscan Meatballs with Zucchini Fettuccine

Ingredients

Meatballs

½ cup of almond meal

2 tbs of full cream milk

75g of chopped prosciutto

500g pork and veal mince (or 500g beef mince)

1 egg, lightly beaten

¼ cup of grated Parmesan cheese

1 tbs of finely chopped flat leaf parsley

1 tbs of finely chopped oregano

1 ½ tbs finely chopped basil

1 ½ of garlic cloves, finely chopped

½ tsp salt

½ tsp freshly ground black pepper

Olive oil for cooking the meatballs

Method

Cutting out pasta? What a *disaster* I hear you say. Not at all! Just substitute zucchini for regular fettuccini and I think it tastes even more delicious. Be creative! You can substitute zucchini or eggplant for lasagna sheets. It's so easy to convert your family recipes once you get into the groove. xoxo

1. Combine almond meal and milk in a small bowl
2. In a large bowl, combine the prosciutto, mince, eggs, cheese, parsley, oregano, salt and pepper and half of the basil and garlic.
3. Add the almond meal and milk mixture and mix until well combined.
4. Use your hands to roll into balls.
5. Heat oil over medium-high heat and brown the meatballs in batches but don't cook all the way through and remove the meatballs from the pan.



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Ingredients

Sauce

1 ½ tbs finely chopped basil

2 Garlic cloves, finely chopped

Olive oil

1 brown onion, diced

400g tin crushed tomatoes

salt and ground black pepper to taste

Method

6. In the same pan that you used to cook the Tuscan meatballs, heat up a little more olive oil if needed and cook the onion until soft.
7. Add the garlic and cook for a further 1-minute and then add the tomatoes.
8. Bring to a simmer and add the basil.
9. Season with salt and pepper
10. Add the Tuscan meatballs to the pan and cook on a low heat until cooked through.
11. Serve with zucchini fettuccini (refer to GTE recipe).

Complete Tuscan Meatball dinner

Preparation Time: 30 minutes

Cooking Time: 30 minutes

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Serves: 4



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