

INGREDIENTS:

For the beef balls

450g lean minced beef

60g pine nuts and one onion, both finely chopped

Handful of rocket, chopped

1 tablespoon fresh chopped parsley

Sea salt

Freshly-ground black pepper

2 tablespoons olive oil

For the salsa verde:

Small bunch basil, chopped

1 tablespoon each freshly grated parmesan

Chopped capers and grated garlic

6 tablespoons olive oil

Sea salt, freshly-ground black pepper

TIME: 20 mins + 2 hrs

SERVING: 4 people



Make the meatballs by combining all the ingredients except a third of the pine nuts in a large bowl. Shape into walnut-sized balls and refrigerate for two hours. Place all the salsa verde ingredients in a food processor with the remaining pine nuts and whizz for five to six seconds. Reserve. Fry the meatballs in the olive oil until browned all over then serve with spaghetti and the salsa verde.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: