

Polpette Pizzaiola

Meatballs in tomato sauce



Francesco Totti, Italian legend. The highest scorer for Roma, he went on to make some actually amusing phone ads. So... Talented, funny, handsome and great legs. Totti by name.....

One star for each world cup
(second only to Brazil)



Ingredients

Olive oil	Seasoning
Mince 300 gm	Nutmeg
Onion	Pizzaiola Sauce
Bread 100 gms	½ onion
Parsley fistful	Canned tomatoes 400gms
Parmesan 30gm	Oregano 1tsp
Eggs 2	Nutmeg pinch

Method

Soak the bread in water until very soft.
Drain and squeeze out excess water.

Finely chop onion, garlic and parsley, mix in
a big bowl with the egg and seasoning.

Form into balls.

Gently fry ½ onion

Add the polpette and fry till brown

Add the tinne tomatoes and cook, covered,
on a low heat for at least ½ hour, preferably
longer.

If it gets dry add more oil.

*Spaghetti meatballs? -
nooooo*

*Apparently that's an
American thing*

