Mamma Mia Pork Meatballs



Ingredients

1 lb / 0.5 kg lean ground pork
½ cup / 125 mL breadcrumbs
1 tsp / 5 mL EACH fennel seeds and red pepper flakes
½ tsp / 2 mL EACH onion powder and salt
2 cloves garlic, minced
½ cup / 125 mL freshly grated Parmesan or Romano cheese
1 egg, slightly beaten
¼ cup / 50 mL sour cream
¼ cup / 50 mL chopped fresh Italian parsley
1-650 mL jar ready-to-use pasta sauce
1 cup / 250 mL shredded mozzarella cheese
Fresh basil leaves for garnish
Hot cooked pasta noodles for serving

Directions

1. Preheat oven to 400°F.
2. In large bowl, gently combine ground pork with fennel seeds, red pepper flakes, onion powder, salt, garlic, grated cheese, egg, sour cream and parsley; do not overmix.
3. Form mixture into 2-inch balls and arrange on rimmed baking sheet lined with aluminum foil. Bake in preheated oven for 20-25 minutes or until nicely browned and juices run clear.
4. Meanwhile, in large sauté pan, heat sauce over medium heat.
5. Add cooked meatballs to sauce. Simmer 5-10 minutes, occasionally spooning additional sauce over meatballs.
6. Sprinkle meatballs with mozzarella cheese. Once cheese has melted, tear basil leaves into small pieces and sprinkle over meatballs.
7. Serve meatballs and sauce over your favourite hot cooked pasta noodles.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 40
- **Number of Servings:** 10-12 meatballs