

## Meatballs

Makes 24-30 [12-15]

- 84 g Panko (42 g)
  - 80 ml milk (40 ml)
  - 450 g ground beef
  - 450 g ground pork
- } 450 g beef and pork
- 4 cloves garlic, pressed or minced (2 clove)
  - 2 eggs (1 small egg)
  - 42 g finely-grated Parmesan cheese (21 g)
  - 5 g finely-chopped fresh Italian herbs (2.5 g)
  - 13 g grated yellow onion (7 g)
  - 2 tsp Worcestershire sauce (1 tsp)
  - 1 tsp dried oregano (½ tsp)
  - 1 tsp fine sea salt (½ tsp)
  - 1/2 tsp black pepper (¼ tsp)
  - 1/4 tsp crushed red pepper flakes (⅛ tsp)



1. In a large mixing bowl, stir together the **panko** and **milk** until combined. Set mixture aside to **soak for 5 to 10 minutes** while preparing other ingredients.
2. Add the ground **beef**, ground **pork**, **garlic**, eggs, **Parmesan**, fresh **herbs**, **onion** and **Worcestershire** sauce to the (same) mixing bowl.
3. Sprinkle the **oregano**, **salt**, **black pepper** and crushed **red pepper flakes** evenly on top. Use your hands to mix the ingredients until evenly combined, being careful not to over-mix the ingredients.  
*Chill (optional step). To make the meatballs easier to form, cover and chill the mixture in the refrigerator for 1 hour.*
4. Preheat the oven to **220°C** and line a large rimmed baking sheet with parchment paper.
5. Using a **medium cookie scoop** or a spoon, scoop and roll the mixture into 2-tablespoon balls and place them on the prepared baking sheet. (Grease your hands with a bit of olive oil to prevent the mixture from sticking.)
6. **Bake for 10-12 minutes**, or until an instant-read thermometer measures the internal temperature of the meatballs to be **71°C**.
7. Remove pan and transfer to a wire cooling rack.