Salami Meatballs in Tomato Sauce

Polpette con salame – Salami Meatballs in Tomato Sauce with Crisp Broccoli

Easy 4 Servings 50 min.



Whether as a snack or a main meal—and whether for adults or kids—the whole family will love these Italian meatballs with salami in a fruity tomato sauce and broccoli. Polpette con salame also pair perfectly with fresh pasta or crusty ciabatta bread.

Ingredients

750 g ground beef

100 g salami

50 g Parmigiano Reggiano (piece)

1 egg (size L)

3 tbsp breadcrumbs

2 packages ORO di Parma strained tomatoes (400 g each)

1 red onion

2 garlic cloves

400 g broccoli

1 red chili pepper

1 small bunch of flat-leaf parsley

4 tbsp extra virgin olive oil

Salt, freshly ground pepper

Step 1: The Preparation

First, prepare the sauce. To do this, remove the seeds from the chili pepper and cut it into thin rings. Peel the onion and the garlic. Dice the onion and finely chop the garlic. Then you can start heating the oil in a pot. Sauté the onion, garlic, and chili rings in the oil. Next, add ORO di Parma tomato puree and a little water. Let the sauce simmer for about 15 minutes over medium heat, then season to taste with salt and pepper.

Step 2: The Meatballs

To make the polpette, next cut the salami into thin strips and dice it. Mix the diced salami with the ground beef, the egg, and the breadcrumbs. Season with salt and pepper. Knead everything together into a mixture. Before cooking them in the pan, shape the mixture into small, round meatballs.

Step 3: The Finale

Heat oil in a skillet and brown the meatballs on all sides. Meanwhile, bring salted water to a boil. Then reduce the heat and cook the broccoli in it for about 5 minutes. Place the meatballs on a plate and spoon the tomato sauce and broccoli over them. To garnish, grate some Parmesan cheese over the meatballs in the tomato sauce. Molto delicato!

Used products:



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