



My Baked Meat Balls

NIBBLEDISH CONTRIBUTOR

Ingredients

500 gr. ground meat (half pork and half veal)
2 eggs
4 slices of white bread
3 tbsp ketchup
2 tbsp extra fine bread crumbs (only if it needs)
black paper
dry oregano
garlic powder
salt
fresh parsley, finely chopped
milk
2 tbsp green or black olives, coarsely chopped
corn oil
Parmesan cheese, fresh grated

Instructions

Preheat oven to 180°C. Grease the bottom of a square baking pan with corn oil. Pour the bread into a bowl and fill with milk, set aside. Pour the ground meat into a large mixing bowl, make a well in the center, add the eggs, the spices, the salt and the olives. Stir with a fork. Make a well in the center again. Squeeze the milk from the bread slices and chop it into the center of the milk. Stir with your hands to combine it well, add the ketchup and if it's too wet, add the extra fine bread crumbs, one tbsp at a time. Combine well working with hands. Make a balls, apricot size and arrange them on the bottom of the greased pan. Brush with oil. Bake about 25 minutes in the preheated oven. Remove from the oven, sprinkle with some

fresh grated Parmesan cheese and return in the oven. Bake 5 more minutes.