

Easy Italian Lamb Meatballs (Oven)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-with-ground-lamb>

Ingredients:

- 1 pound ground lamb
- 1 egg lightly beaten
- 1 white onion finely chopped and gently cooked
- 2 cloves garlic finely chopped and gently cooked
- 3 rashers smoked bacon chopped into lardons, optional
- 1 tablespoon dried basil each dried oregano
- 1/2 tablespoon dried rosemary each dried thyme
- 1/4 teaspoon chilli flakes optional
- 1/2 cup fresh breadcrumbs optional, see notes
- 2 tablespoons olive oil for baking
- salt
- pepper
- 1 white onion finely chopped
- 1 clove garlic finely chopped
- 14 ounces chopped tomatoes tins of, in juice fire roasted it available
- 1/4 cup tomato paste
- 1/2 cup red wine
- 1 bunch fresh basil chopped
- 1/2 bunch fresh oregano chopped
- salt
- pepper
- 1 spaghetti squash cut in half lengthwise
- 1 tablespoon olive oil
- salt
- pepper

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 140 milligrams
4. Fat: 44 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 14 grams
8. Sodium: 1010 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Easy Italian Lamb Meatballs (Oven) above. You can see more 18 italian recipe with ground lamb Unleash your inner chef! to get more great cooking ideas.