
Turkey Meatballs Arabiatta on Quinoa

Description

The name of the sauce in this recipe, Arabiatta, means 'angry' in Italian due to the heat of the chili peppers (in this case chili pepper flakes), which you can adjust according to your preference.

Total time: 45 min Yield: 6 Servings

Ingredients

2 cup quinoa
4 cup water
2 lb lean ground turkey
1 Tbsp oregano
1 egg (lightly beaten)
1/4 cup parmesan cheese (plus extra for serving)
3 clove garlic (minced)
1/4 cup bread crumbs
salt
black pepper
cooking spray
1 Tbsp olive oil
1 medium onion (chopped)
3 cup canned crushed tomato
2 tsp dried basil
1 tsp crushed red pepper flakes
2 Tbsp light brown sugar
fresh basil leaves (for garnish)

Prep Time: 45 min Total Time: 45 min

Instructions

Cook the quinoa by first rinsing thoroughly and draining the dried grain. Bring 4 cups of water to a boil in a medium pot and add the quinoa. Lower heat and simmer for twenty minutes or until you see a group of volcano-looking formations on the top of the cooked grains. Remove from heat, fluff and let cool.

For the meatballs, heat your oven to 350° F. Combine the turkey, oregano, egg, parmesan cheese, 1/2 of the garlic, bread crumbs, salt and black pepper and mix thoroughly. Form the mixture into tablespoon size balls and place onto a rimmed baking sheet prepared with cooking spray. Bake for 25 minutes.

In a saucepan, heat the olive oil over medium heat and cook the onion for 3 to 5 minutes, then add the

remaining minced garlic and stir for 30 seconds. Add the crushed tomato, spices and brown sugar and simmer on low heat for 20 minutes, stirring occasionally. Add in the cooked meatballs and coat them with the sauce, then serve on a mound of quinoa, topped with a dusting of Parmesan and some fresh basil.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai