



Medium



15 – 30 minutes

Meatball lollipops with a creamy red pepper sauce

SERVES: 4

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

Ingredients

- Filippo Berio Classico Oil
- 250 g of minced pork and beef
- 1 chopped onion
- ½ thinly sliced onion
- 50 g of cherry tomatoes
- 100 g of red peppers
- 30 g of chopped parsley
- 50 g of bread soaked in broth
- 2 eggs, beaten
- Salt (to taste)
- Pepper (to taste)
- Flour as needed

Method

1. Put the minced meat in a large bowl, add the onion, parsley, the bread soaked in broth and finally the beaten eggs. Add salt and pepper to taste and mix everything together well using your hands.
2. Shape your meatballs with the palms of your hands to obtain balls of about 20 g each, then pass them in the flour.
3. Heat the Filippo Berio Cucinare oil in a non-stick frying pan and add your meatballs, browning them on a medium heat until they are completely cooked.
4. Cut the cherry tomatoes and slice the peppers. Then place the thinly sliced onion, the cherry tomatoes and the peppers in another non-stick pan. Season with Filippo Berio Cucinare oil, salt and pepper to taste and let cook.
5. Now put the cooked vegetables in a mixer in order to obtain a cream.
6. Put your cream in a small cup and season with a drizzle of Filippo Berio Cucinare oil. Push wooden sticks into the meatballs... voilà! Your meatballs are ready to be enjoyed with the delicious creamy vegetable sauce. Bon appétit!