

Gluten-Free Spaghetti & Meatballs (Grain-Free/Dairy-Free)

PREP 15 MINS | COOK TIME: 20 MINS | SERVES: 4-6

INGREDIENTS

Ingredients for meatballs:

- 1 lb ground beef
- 1/4 lb ground sausage
- 1 egg yolk
- 1/4 cup almond flour
- 1/2 sm/med minced onion
- 1 tsp dried basil
- 1 tsp dried parsley
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp olive oil (plus more for drizzling)

Ingredients for Spaghetti:

- 1 jar spaghetti sauce
- 1 package Banza spaghetti
- 1 tbsp olive oil

For topping:

- 1 tbsp fresh chopped parsley
- Dairy-free parmesan

INSTRUCTIONS

- 1) Preheat the oven to 400.
- 2) First, you are going to prepare the meatballs. The first thing to do is mince your onion.
- 3) Then, add the onion and all remaining meatball ingredients to a large bowl. Gently mix until well incorporated. You want to mix as little as possible to ensure tender meatballs.
- 4) Using a big cookie scoop, scoop out the meatballs onto a rimmed sheet pan (to contain fat released during cooking). Drizzle a little olive oil over the top of the meatballs, then place in the oven to cook for 12-14 minutes.
- 5) Now, prepare your spaghetti. Once your water is boiling, drizzle in some olive oil, add a pinch of salt, then cook your pasta until tender.
- 6) Drain the pasta, then add in your preferred pasta sauce to the pasta. Gently mix until the pasta is well coated.
- 7) Once the meatballs are finished cooking, nestle them into the pasta and gently stir until they are well coated in the pasta sauce.
- 8) Serve immediately and top with fresh parsley and dairy-free parmesan if you desire!