Stuffed Sausage Meatballs with Fettuccine

Servings: 3

1 pound ground pork
1 teaspoon salt
1 teaspoon fennel seeds
1/4 teaspoon red pepper flakes,
optional
1 tablespoon paprika
3 garlic cloves, minced
6 ounces mozzarella cheese, cubed
600 grams fettuccine
3 cups tomato sauce

In a bowl combine ground pork, salt, fennel seeds, red pepper flakes, paprika, and garlic. Mix until fully combined.

Form the ground pork into 12 small patties. Place a cube of mozzarella cheese in the middle. Wrap the ground pork around the cheese fully enclosing it. Roll the ground pork into a ball and place in a baking tray lined with aluminum foil and sprayed with non-stick cooking spray.

Bake the meatballs in a 350°F oven for 20-25 minutes or until the meatballs and fully cooked.

In a pot of salted boiling water cook the fettuccine according to the package directions until al dente. Drain and set aside.

Place your fettuccine into bowls. Top with tomato sauce and meatballs.

Serve

Per Serving (excluding unknown items): 425 Calories; 20g Fat (40.5% calories from fat); 48g Protein; 17g Carbohydrate; 5g Dietary Fiber; 134mg Cholesterol; 1178mg Sodium; 9g Total Sugars; trace Vitamin D; 363mg Calcium; 5mg Iron; 1317mg Potassium; 570mg Phosphorus. Exchanges: .