

Meatballs in Alfredo Sauce

Meatballs

Ingredients:

500 g ground beef mince
500 g pork mince
2 eggs
½ cup shredded Parmesan cheese
½ cup ZeroKrumbs pork rind crumbs
3 tbsp chopped fresh parsley (optional)
½ tsp black pepper
¼ tsp salt

Method:

1. In a large mixing bowl, combine the ground beef, pork mince, eggs, shredded Parmesan, ZeroKrumbs, parsley, salt, and pepper. Mix until well combined.
2. Shape: Roll the mixture into meatballs, about 50–60 g (roughly a golf ball size).
3. Cook the Meatballs: Heat a large pan over medium-high heat. Add a bit of animal fat (tallow or butter). Place meatballs in the pan and brown them on all sides. Once browned, reduce the heat slightly and continue to cook until fully cooked through (about 10–12 minutes total, depending on size).
4. Set aside to get the sauce ready.

Alfredo Sauce

Ingredients:

3 tbsp butter
250ml (1 cup) heavy cream
3 tbsp cream cheese
¾ cup grated Cheddar cheese
¼ cup grated Parmesan cheese
1 tsp garlic powder
¼ tsp black pepper
¼ tsp salt

For extra flavour, you can add any of the following, dried oreganum, thyme, chopped parsley or basil

Method:

1. In a saucepan over medium-low heat, melt the butter.
2. Add in the cream and cream cheese, whisking until smooth.
3. Stir in the Cheddar and Parmesan gradually, mixing until fully melted and creamy.
4. Season with salt, pepper, and a touch of garlic if using.
5. Let it gently simmer for 2–3 minutes to thicken slightly, then pour over cooked or nearly-cooked meatballs in a baking dish or skillet.
6. Simmer together or bake briefly (5–10 minutes) to let the flavours marry.

