



If you love classic Italian flavours, this one's for you! It's packed with them.

Cooking Time: 40 min | Gluten-Free
Cals 804 | Prot 50 | Carbs 37 | Fat 49

Tips For Fussy Eaters

Serve with cooked pasta. Leave the olives and capers out if necessary!

Pro Tip

Wet your hands when shaping the meatballs! This way the meat won't stick to them.

Ingredients For 2 For 3 For 4

For meatballs

Beef mince	350	525	700	Grams
Parmesan	45	60	90	Grams
Fresh basil	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Dijon mustard	6	9	12	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	2	3	4	Tbsp
Eggs	1	2	2	Piece
Almond flour	40	60	80	Grams
Shallots	0.5	1	1	Piece

Caponata

Eggplant	1	2	2	Piece
Red onion	1	1	2	Piece
Cherry tomatoes	250	300	500	Grams
Olive oil	4	6	8	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	50	70	70	Grams
Water	100	150	200	ML
Brown sugar	5	5	10	Grams
Green olives	50	75	100	Grams
Capers	20	30	40	Grams
Black pepper	0.5	0.5	1	Tsp

To serve

Pine nuts	20	30	40	Grams
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1 Make meatballs

Grate half of the **Parmesan**. Peel and chop the **shallots** very finely. Chop the **fresh basil** and **parsley**. Add the **beef mince**, **Parmesan**, half the **basil** and **parsley**, **eggs**, **almond flour**, **Dijon**, **shallots**, **salt** and **pepper** to a bowl. With clean hands, knead until tender. Shape into **meatballs** (see pro tip!). Refrigerate.



4 Simmer

Add the **cherry tomatoes**, **tomato paste**, **measured water**, **brown sugar**, **olives**, **capers** and **black pepper**. Cover with a lid and simmer over a low heat for 15 min. Once done, add the remaining **fresh basil** and **parsley**. Season with **salt** and **pepper** if needed.



2 Prep

Chop the **eggplant** into small cubes. Peel and chop the **red onion**. Rinse the **cherry tomatoes**. Lightly toast the **pine nuts** in a hot dry pan. Set aside.



5 Fry meatballs

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **meatballs** and fry for 5-6 min or until browned all over and cooked through.



3 Fry vegetables

Heat a large pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **eggplant** and fry with a pinch of **salt** for 5 min. Add the **onion** and fry for 5-7 min further or until the **eggplant** has browned and softened. Don't hurry this step and don't skimp on the **oil**.



6 Serve

Divide the **caponata** and **meatballs** among plates. Shave or grate the remaining **Parmesan** over the top. Sprinkle with the toasted **pine nuts**. Drizzle with good quality **olive oil** and finish with a grind of **black pepper**.