

## Comfort Food Classic: Fusilli Pasta with Meatballs and Garden Veggies

Pasta with Gourmet Meatballs and Vegetables in Sauce ??



**TIME**  
**5 min**

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### INGREDIENTS

For the Meatballs:

400g ground beef or beef-veal mix

1 egg

40g breadcrumbs

1 garlic clove, chopped

1 tsp paprika

1 tsp herbes de Provence

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp pepper

1 tbsp olive oil (for cooking)

For the Pasta & Vegetables:

300g fusilli pasta

1 zucchini, sliced

1 red bell pepper, sliced

100g button mushrooms, sliced

1 onion, sliced

2 tbsp olive oil

For the Sauce:

400g tomato purée

1 tbsp tomato paste

1 tsp sugar

1 tsp oregano

How to Make It:

1 Make the Meatballs:

2 Sauté the Vegetables:

3 Simmer the Sauce:

4 Cook the Pasta & Combine:

Tips for Perfect Success:

What to Serve With It:

A glass of Chianti or Merlot pairs beautifully.

For a non-alcoholic option, try this blueberry lemonade for a tangy refresh.

Storage & Leftovers:

Fridge: Store in an airtight container for up to 2 days.

Freezer: Freeze in portions for up to 2 months.

Reheat: Gently reheat in a pan with a splash of water, or microwave in 60-second bursts, stirring in between.

## DIRECTIONS

1. **Make the Meatballs:** Mix ground meat, egg, breadcrumbs, garlic, paprika, herbes de Provence, salt, and pepper in a large bowl. Form into 3 cm balls with wet hands.
2. Heat olive oil in a skillet and brown the meatballs for 5 minutes, rotating to get golden color on all sides. Set aside.
3. **Sautø the Vegetables:** In the same pan, heat 2 tbsp olive oil. Sautø the onion for 2 minutes. Add mushrooms, bell pepper, and zucchini, and cook for 5 minutes, stirring occasionally.
4. **Simmer the Sauce:** Add tomato purøe, tomato paste, sugar, oregano, salt, and pepper. Stir well and let simmer for 10 minutes. Return the meatballs to the pan and cook for another 5 minutes to blend flavors.
5. **Cook the Pasta & Combine:** Meanwhile, cook fusilli pasta in a large pot of boiling salted water until al dente. Drain, then stir into the sauce and vegetables. Toss gently to coat everything in the rich, velvety sauce. Heat for 2 more minutes, then serve hot.
6. **Tips for Perfect Success:** ? Tender meatballs: Don't overwork the meat mixture-mix just until combined, and form loosely for softer texture.? Deep flavor: Let the sauce simmer a little longer if time allows. The flavor just gets better.? Veggie variations: Swap zucchini for eggplant, add chopped spinach, or throw in carrots for a sweet pop.
7. **What to Serve With It:** Pair your meatball pasta with a fresh green salad or a slice of crusty garlic bread. Want a beverage to round it out?

8. A glass of : Chianti or Merlot pairs beautifully.
9. For a non-alcoholic option, try this blueberry lemonade for a tangy refresh.
10. Storage & Leftovers: Fridge: Store in an airtight container for up to 2 days.
11. Freezer: Freeze in portions for up to 2 months.
12. Reheat: Gently reheat in a pan with a splash of water, or microwave in 60-second bursts, stirring in between.
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19. Final Thoughts: This Pasta with Gourmet Meatballs and Vegetables in Sauce delivers the warmth of a Sunday dinner with the ease of a weeknight meal. It's colorful, full of bold flavors, and just the kind of dish that gets requested on repeat.
20. Tried it? Leave a comment, share a photo, and follow along for more easy gourmet meals. Buon appetito! ??

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