

Marie Saba

*from my kitchen to yours*

## Air Fryer Meatballs

*Makes 15 meatballs*

### Ingredients:

- ¼ cup Panko breadcrumbs
- 2 Tablespoons milk
- 1 egg
- ½ cup finely grated Parmesan cheese
- ½ teaspoon garlic powder
- ½ teaspoon salt
- Freshly ground black pepper
- 1 lb. (454 g) grass-fed ground beef, 93% lean
- 1 jar (24 oz.) marinara sauce

**For garnish:** fresh basil leaves; grated Parmesan cheese



### Instructions:

1. In a large bowl, mix together Panko, milk, egg, Parmesan, garlic powder, salt and pepper. Add ground beef and mix together with your hands. Using your hands, make about 15 golf-ball sized meatballs and place in the drawer of an air fryer.
2. Set air fryer to 375 F (190 C) and cook for 5 minutes. Open drawer and turn meatballs, then cook for 5 minutes more.
3. **To heat the sauce using the oven:** Preheat oven to 375 F (190 C). Pour about 1 cup sauce into an oven-proof dish. Add the meatballs to the sauce. Pour remaining sauce over the meatballs. Bake for 10-15 minutes.
4. **To heat the sauce using the stove top:** Pour about 1 cup of sauce into a medium-sized pot. Add meatballs to the sauce. Pour remaining sauce over the meatballs. Cook over medium-low heat for 10-15 minutes, or until the sauce is heated through.
5. Garnish with grated Parmesan and fresh basil before serving.

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