

ROGUE ONE: STAR WARS THERMAL DETONATORS

HOMEMADE MEATBALLS OVER PASTA

ZeeTheCóók
Culinary Studio

Recipes courtesy of Zee Shami, Culinarian & Owner

INGREDIENTS

- 1 pound 80% lean ground beef
- 1 large egg
- 1/4 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup finely chopped onion
- 3 teaspoons minced garlic
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh Italian flat leaf parsley
- 1 box noodles of choice
- 1 jar marinara sauce of choice

| PROCEDURE | |
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