

# *Truffle Shuffle*

## Zucchini Spaghetti and Meatballs

### Mise en Place

Cutting board	Knife	Wooden spoon	Medium pot
Tongs	Mixing bowl	Kosher salt	Pan spray
Large pan	Strainer	Cheese grater or microplane	Colander
Spiralizer or vegetable peeler	Sheet tray lined with aluminum foil, sprayed with pan spray		

### Ingredients

\* Please keep refrigerated before class \*

1 ea Egg *	¼ Onion *	⅓ cup Panko	¼ bunch Parsley *
⅛ tsp Dried oregano	⅛ tsp Dried chili	2 oz Milk *	24 oz Marinara sauce
1 oz Parmesan *	1 jar Truffle Carpaccio	2 Zucchini	Balinese Truffle Salt, to taste
2 tbs Olive oil	2 Garlic cloves	1 lb Ground beef (85% lean/15% fat) *	

### Prep During Class

1. Fill the large pot with water and cover with a lid, heat over medium-low heat.
2. Preheat the oven to 425F.
3. Add the beef, panko, milk and egg in the mixing bowl.
4. Peel and finely mince the onion, add it to the bowl along with the beef mixture.
5. Grate half of the parmesan, and add it to the bowl.
6. Chop half of the Truffle Carpaccio and add it to the bowl.
7. Chop the parsley and add it to the bowl.
8. Chop the chili flake and dried oregano, add it to the bowl as well.
9. Season the meatball mix with Balinese Truffle Salt and mix with your hands until homogenous.
10. Form into meatballs and place them onto the sheet tray.
11. Peel and mince the garlic.
12. Wash and trim the ends of zucchinis. Using a spiralizer or vegetable peeler, slice the zucchini into noodles or thin strips.
13. Place the zucchini noodles in a colander and sprinkle with salt. Toss to coat evenly and let them sit for 15-20 minutes to allow excess water to drain.

### How to Cook.

1. Bake the meatballs for 25 minutes in the oven.
2. Remove the meatballs from the oven and transfer them to the medium pot. Cover with the marinara sauce and bring to the simmer.
3. Turn heat down to a gentle simmer and continue to cook meatballs for about 20 minutes.
4. Using paper towels, pat the zucchini noodles dry and remove any remaining moisture.
5. In a large pan, heat olive oil over medium heat. Add minced garlic and saute until fragrant.

6. Add the zucchini noodles to the pan and cook for 3-5 minutes, stirring occasionally until the zucchini noodles are tender but still have a slight crunch.
7. Transfer the zucchini noodles to a plate. Top with the meatballs and sauce and generously grate parmesan all over the top and top with the rest of the Truffle Carpaccio. Enjoy!

Check out more experiences [www.trufflesufflesf.com](http://www.trufflesufflesf.com)

Tag us on Instagram @TruffleShuffle\_SF