

Treasure Barrel

Creamy Spaghetti and Meatballs

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Meatballs

- [ ] 1 lb ground beef (80% lean)
- [ ] 1/4 cup breadcrumbs
- [ ] 1 egg
- [ ] 2 tbsp grated Parmesan
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

Sauce

- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 cup tomato sauce
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan
- [ ] 1 tsp honey
- [ ] Zest of 1 lemon
- [ ] Fresh parsley, chopped

Pasta

- [ ] 12 oz spaghetti
- [ ] Salt for pasta water

Instructions

1. In a bowl, combine ground beef, breadcrumbs, egg, Parmesan, oregano, salt and pepper; gently mix and form 12-bit meatballs.
2. Heat olive oil in a large skillet over medium-high heat; brown meatballs on all sides, then remove and set aside.
3. In the same skillet, add minced garlic and sauté until fragrant; pour in tomato sauce, honey, and lemon zest, letting it simmer for 3 minutes.
4. Stir in heavy cream and Parmesan, return meatballs to the pan, and let everything cook together for about 10 minutes, until sauce thickens.
5. Meanwhile, cook spaghetti in salted boiling water until al dente; drain, reserving a cup of pasta water.
6. Add spaghetti to the sauce, tossing gently; if the sauce is too thick, thin with reserved pasta water, then sprinkle fresh parsley before serving.

Nutrition per serving

620 kcal	35 g	55 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before adding cheese; adjust salt if needed.
- If the sauce separates, lower the heat and whisk in a splash of cream.
- For a richer flavor, add a pinch of smoked paprika during the sauce simmer.