



Grilled Pasta with Grilled Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups breadcrumbs dried finely
- 2 teaspoons sea salt
- 2 eggs
- 1 tablespoon basil fresh finely chopped
- 4 tablespoons parsley fresh finely chopped
- 2 large garlic clove minced
- 2 pounds ground sirloin
- 5 tablespoons kosher salt

- 4 tablespoons olive oil extra virgin extra-virgin
- 2 teaspoons oregano dried
- 4 tablespoons parmesan cheese freshly grated
- 4 tablespoons pecorino cheese grated
- 1 pound pasta like spaghetti dried
- 2 cups tomato sauce
- 2 cups water plus more if needed
- 2 cups onion yellow finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- pot
- grill
- stove
- tongs

Directions

- In a large bowl, mix together the meat, eggs, cheese, parsley, oregano, basil, onion, bread crumbs, and garlic, and season with salt and pepper.
- Add 1 cup of the water. Knead the water into the meat mixture with your hands. Knead and form meatballs into about 1 1/2-inch balls with a 2-ounce scoop (see Chef's Note) or roll into balls with your hands.
- VAC-PACKED COOKING METHOD: Seal the meatballs with just a teaspoon of extra-virgin olive oil and cook them in 130°F water for 35 minutes.
- Place the meatballs in a large saucepan or skillet on the stove (use 2 pans if they don't all fit in a single pan), add 1/2 cup of the water over them (1/2 cup water to each pan if using 2 pans), and cover. Steam the meatballs over medium heat for about 25 minutes.

- Transfer to a platter and refrigerate until you're ready to grill them.
- Turn a gas grill to high or ignite charcoal. When the grill is hot, for both gas and charcoal grills, clean your grill rack. Decrease the temperature to medium-high (on a gas grill only), and brush or wipe a little olive oil on the grill rack.
- In batches, grill the meatballs in a cast-iron pan or plancha on the grill until they're well-browned all the way around, 4 minutes total for the vac-packed meatballs and about 6 minutes total for the pan-cooked meatballs.
- Remove from the heat and reserve.
- Fill a large pot with about 5 quarts of water, add the kosher salt, and bring to a boil over high heat on your stove.
- Add the pasta and cook until just al dente, 6 to 8 minutes.
- Drain the pasta, reserving 1 cup of the pasta water.
- Spread the pasta on a baking sheet and drizzle with 2 tablespoons of the olive oil, so it won't stick together.
- Lightly oil a long, flat grill basket or spritz with nonstick cooking spray. With tongs, add half the pasta to the basket, arranging it in a thin even layer. (If you have two grill baskets, cook both batches of pasta at once.)
- Place the basket on a rack over hot coals and turn frequently, until the pasta turns a golden color. You'll hear it crackling during grilling.
- Empty the grill basket into a large heat-proof bowl. Toss the pasta with 1 to 2 cups of Grilled Tomato Sauce. If it needs some moisture, add 1/4 cup of the reserved pasta water and toss again.
- Add the remaining 2 tablespoons olive oil, and 2 tablespoons of the pecorino cheese. Toss.
- Transfer to a serving bowl, top with the remaining pecorino cheese, and serve immediately.
- It's so much faster to make a meatball with a scoop than with your hands. Scoops make such quick work of certain tasks—shaping meatballs, gougères, or cookie dough, for example—that I keep a variety of scoop sizes at home as well as at work. If you don't have a 2-ounce scoop for the meatballs, try using a 1/4-cup measure instead. You'll find scoops in most restaurant-supply stores or cookware stores.
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Nutrition Facts



■ PROTEIN 21.18% ■ FAT 38.01% ■ CARBS 40.81%

Properties

Glycemic Index:38.75, Glycemic Load:19.02, Inflammation Score:-8, Nutrition Score:28.634782656379%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 692.7kcal (34.63%), Fat: 28.98g (44.59%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 65.06g (23.66%), Sugar: 7.17g (7.97%), Cholesterol: 122.81mg (40.94%), Sodium: 5603.32mg (243.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.68%), Selenium: 65.88µg (94.12%), Manganese: 0.97mg (48.33%), Zinc: 6.85mg (45.69%), Vitamin B12: 2.71µg (45.25%), Vitamin K: 46.59µg (44.37%), Vitamin B3: 8.75mg (43.75%), Phosphorus: 433.68mg (43.37%), Vitamin B6: 0.65mg (32.67%), Iron: 5.72mg (31.79%), Vitamin B1: 0.4mg (26.87%), Vitamin B2: 0.44mg (25.86%), Potassium: 799.17mg (22.83%), Copper: 0.43mg (21.39%), Magnesium: 82mg (20.5%), Fiber: 4.94g (19.77%), Vitamin E: 2.65mg (17.63%), Folate: 68.94µg (17.23%), Calcium: 168.69mg (16.87%), Vitamin B5: 1.46mg (14.6%), Vitamin C: 10.2mg (12.36%), Vitamin A: 547.99IU (10.96%), Vitamin D: 0.36µg (2.39%)