



LEMON TURKEY MEATBALLS ON A BED OF WILTED ROCKET

Categoria: Main Courses **Tempo di preparazione:** about 30 minutes **Difficoltà:** molto facile 

Ingredienti per 4

- 2 pita breads
- 500g turkey thigh mince
- 85g finely grated Parmigiana
- 1 egg
- 1 lemon: separated out into its zest, and its juice
- 2 spring onions, finely chopped
- 120 g wild rocket, or other fresh rocket leaves
- About 3 tablespoons extra virgin olive oil
- Season to taste

Preparation time: **about 30 minutes**

Cooking time: **about 20 minutes**

Serves: **4**

Method

Soak the pita or bread in water (or a combination of water and milk) to soften a few minutes, then squeeze dry and crumble into small bits.

Mix with the turkey mince, the Parmigiana, egg, lemon zest, 1 spring onion; season to taste.

Roll into small meatballs.

Heat a heavy saute/frying pan (non stick preferable) and add a tablespoon (or more as needed) of the olive oil.

Add the turkey meatballs gently to the hot pan, keeping the heat around medium, enough to brown the meatballs gently, and to cook them through.

When the bottoms are browned, gently turn each meatball over onto one side, then a few minutes to another, cooking on 3 sides.

If you turn them too often in an effort to cook too many sides they could fall apart (though are still delicious).

Cook for about 20 minutes, until meatballs are cooked through and lightly browned.

Remove from heat and drizzle with about half the lemon juice. Set aside a moment while you prepare the rocket spring onion salad.

Combine the remaining spring onion with the rocket leaves, toss with remaining olive oil and lemon juice.

Season to taste.

Arrange the hot turkey meatballs on top of the salad, and pour any pan juices over the salad and meatballs as well.

Serve now: warm meatballs, wilting rocket leaves, so delicious.

Cooks Tip: Leftovers are great served with homemade tomato sauce and stuffed into a crusty French roll/baguette with or without mozzarella to melt in. Instead of turkey, you can make these with beef, to which I recommend the addition of a handful of pinenuts and another of raisins: a taste of Sicily and Naples.

