ITALIAN · DINNER

Italian-Style Turkey Meatballs with Spaghetti

70 min · Serves 6 · 624 kcal a serve · Video 10:14 · America's Test Kitchen

No nuts listed

About 42 g of protein a serve from lean ground turkey, with shiitake and anchovies adding savoury depth so the meatballs need only two slices of bread as a binder. Rich in selenium, vitamin B12, vitamin B6 and zinc.

Diet notes: Low saturated fat (6 g, 9% of the energy).

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Ingredients 25 · SERVES 6

- [ ] ½ oz **dried shiitake mushrooms**, soaked in the hot broth
- [ ] 1 cup **chicken broth**, heated (it goes into the sauce)
- [ ] 2 slices **white bread**, pulsed into crumbs
- [ ] ½ cup grated **parmesan**
- [ ] 1 tbsp chopped **parsley**
- [ ] 1½ tsp **unflavoured powdered gelatin**
- [ ] 1 tsp **salt**
- [ ] ¼ tsp **black pepper**, for the meatballs
- [ ] 2 **anchovy fillets**, rinsed and minced, for the meatballs
- [ ] 1 large **egg**
- [ ] 2 **garlic** cloves, minced, for the meatballs
- [ ] 1½ lb **ground turkey** (thigh meat, 85–90% lean)
- [ ] 2 **anchovy fillets**, rinsed and minced, for the sauce
- [ ] 2 **garlic** cloves, minced, for the sauce
- [ ] ½ tsp **dried oregano**
- [ ] ¼ tsp **black pepper**, for the sauce
- [ ] ⅛ tsp **red pepper flakes**
- [ ] 1 × 14½ oz can whole peeled **tomatoes**, pulsed until coarsely ground
- [ ] 3 tbsp extra **virgin olive oil**
- [ ] 2 tbsp **tomato paste**
- [ ] ¼ cup chopped **fresh basil**
- [ ] **salt**, to taste, for the sauce
- [ ] 1 lb **spaghetti**
- [ ] 1 tbsp **salt**, for the pasta water (most is drained away)
- [ ] grated **parmesan**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the broth (the cook uses the microwave), add the dried shiitake and soak 5 minutes. Lift out the mushrooms and keep the broth. Pulse the bread to fine crumbs. 0:38
2. Pulse the shiitake and 2 anchovies in a food processor until very fine. Mix with the crumbs, parmesan, parsley, gelatin, salt, pepper, egg and 2 cloves garlic, then work in the turkey thoroughly by hand. 1:32
3. Shape into about 16 meatballs (¼ cup each) and chill 15 minutes. Mix the remaining anchovies and garlic with the oregano, pepper and chilli flakes, and pulse the tomatoes to a coarse purée. 2:51
4. Brown the meatballs in the oil in a large frying pan over medium-high heat, about 5 minutes, then remove. Fry the anchovy-garlic mix 30 seconds, then the tomato paste 1 minute; add the shiitake broth and tomatoes. 4:30
5. Bring to a simmer, return the meatballs, cover and cook gently 12–15 minutes until they reach 160°F inside. Meanwhile boil the spaghetti in salted water until al dente. 5:52
6. Lift out the meatballs and reduce the sauce until thick. Stir in the basil and season. Toss the spaghetti with some sauce, top with the meatballs and remaining sauce, and finish with parmesan. 7:13

> **Tip** Serves 6 (our estimate; about 16 meatballs). Lean ground turkey, mushrooms and anchovies give a meaty flavour without beef. Wholemeal spaghetti adds extra fibre.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
624 kcal 2,610 kJ	42 g 84% of a day	65 g 60 g net · 5.3 g sugars 24% of a day
FIBRE	**FAT**	**SODIUM**
5.2 g 18% of a day	22 g 6 g saturated 28% of a day	1,350 mg 59% of a day

Energy from net carbs 39% · protein 28% · fat 33%

High in (20%+ of a day) Selenium 153% · Vitamin B12 68% · Vitamin B6 45% · Zinc 44% · Iron 22% · Magnesium 20%

Source of (10–19%) Vitamin K 18% · Calcium 17% · Vitamin E 17% · Potassium 15% · Omega-3 13% · Vitamin C 10% · Folate 10%

⚠ One serve has about 59% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=Fw7GRHhWpik, published 5 July 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/italian-turkey-meatballs-spaghetti