

# Grandma's Famous Spaghetti and Meatball Cupcakes

These are great! Well, maybe not quite as great as Grandma's but almost. Grandma used to make amazing spaghetti sauce but it's too hard for me so I use some ready-made sauce from the supermarket. This recipe makes 12 delicious cupcakes!

## What you need:

500 g minced (ground) beef

1 egg

3 egg whites

A big handful of parmesan cheese, grated (about 1 cup), plus extra for sprinkling on top!

A big handful of mozzarella cheese, shredded (about 1 cup)

1 cup of spaghetti sauce (pick your favourite!)

Tablespoon of milk

250 g spaghetti

1/4 cup breadcrumbs

Cupcake cases

12-hole cupcake tin

Oven tray (sheet)

Aluminium foil (tin foil)

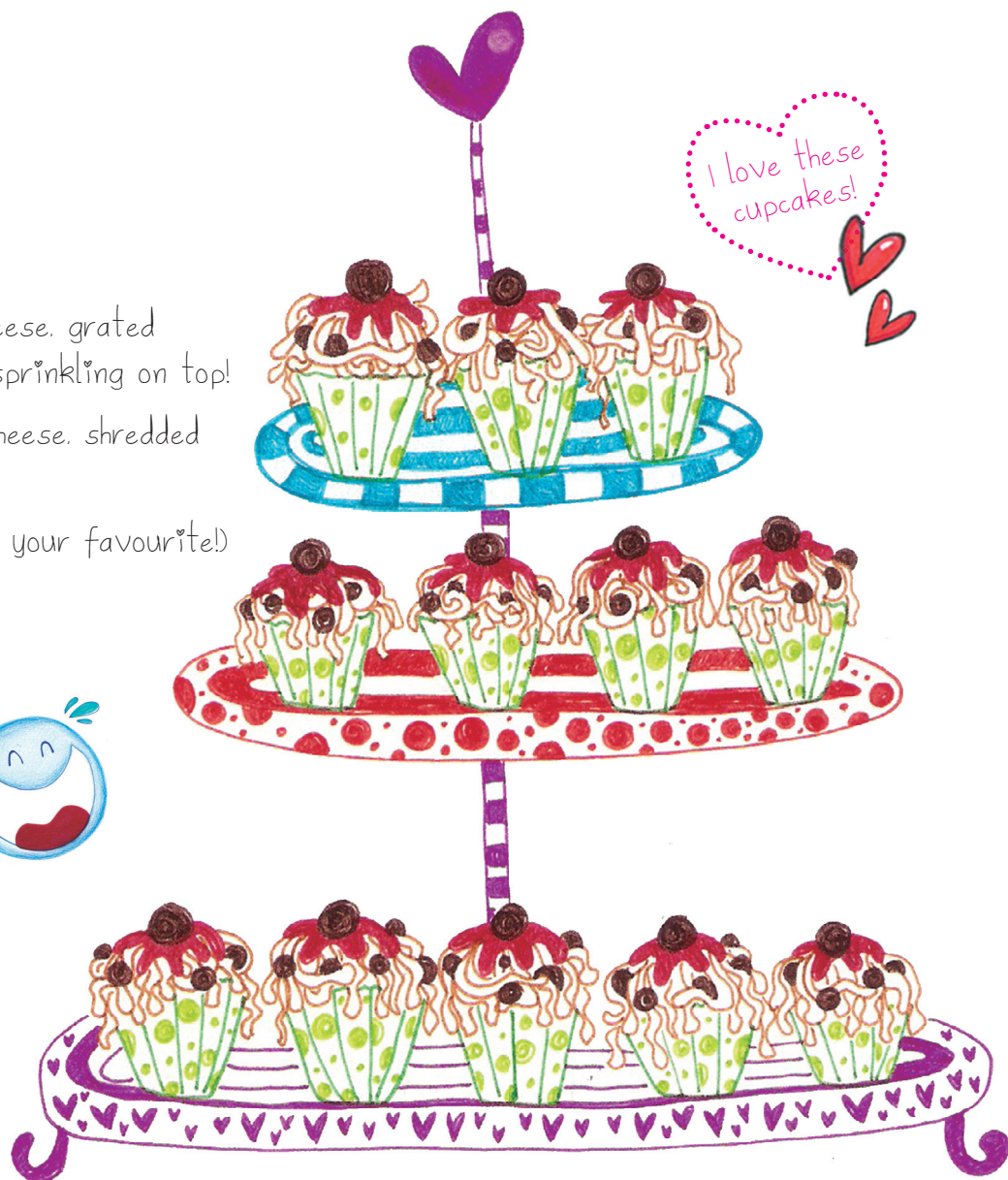
Olive oil

Whisk

Mixing bowls

Water

Massive saucepan for cooking the spaghetti!  
BAHAHA! It doesn't really need to be massive but Grandma always used the biggest saucepan in her kitchen!



## What to do:

1. Preheat the oven to 175 degrees Celsius (350 degrees Fahrenheit).
2. Line an oven tray with aluminium foil (tin foil) and brush it with a little olive oil. Set to one side.
3. Combine breadcrumbs, whole egg and milk in a bowl. Mix well.
4. Add the minced (ground) beef and stir until thoroughly combined.
5. Split the mixture into 12 equal serves and roll each one into a ball. This is my favourite part!
6. Place the balls on the oven tray and bake them for 20 minutes or until cooked through.
7. Now fill the saucepan with water, bring it to the boil and cook the spaghetti according to the directions on the pack.
8. When the spaghetti is cooked, drain it and run cold water over it. The spaghetti doesn't have to be really cold. Just cold enough to touch - you don't want to burn your hands!
9. Whisk the egg whites in a bowl and then add the pasta and all the cheese! Don't eat any of it!
10. Next, add a few spoonfuls of the spaghetti sauce and mix everything together.
11. Put the cupcake cases into the 12-hole cupcake tin. Place about a third of the spaghetti mixture into the cupcake cases, and make sure they're all about even. Then, use your fingers to push the spaghetti down in the centre and around the sides. My second-favourite part!
12. Put the cupcake tin back in the oven, increasing the temperature to 200 degrees Celsius (400 degrees Fahrenheit). Cook for 15 minutes.
13. When the spaghetti cups are ready pour spaghetti sauce into the cups and top each with a meatball. Then sprinkle with a little bit more parmesan cheese. YUM!

