



# Polpette di Tonno (Tuna Meat(less)balls)

## DIRECTIONS

- Place eggs in a large bowl and beat them lightly with a fork.
- Add grated cheese and mix.
- Now add drained tuna and ricotta, in addition to parsley, pepper and salt, if needed.
- Continue mixing with fork until smooth and combined.
- Add breadcrumbs, a little at a time (you may need less or more).
- As the breadcrumbs are incorporated, check consistency.
- Pick up a little mix with your clean fingers. If the mix stays together, it's perfect.
- If the mix is too sticky, add more breadcrumbs.
- If it's crumbly, add a little milk.
- Once perfect consistency has been achieved, begin forming the meatballs.
- Place some additional breadcrumbs in a bowl and evenly coat all sides of meatballs.
- Heat oil in a frying pan on medium heat.
- When oil is medium-hot (350F), carefully drop each meatball into pan.
- When one side is golden, flip to other side.
- Once meatballs are golden on all sides, remove to a platter lined with paper towels.
- You can serve tuna-balls as they are or you can drop them in a pot of marinara sauce, allowing them to simmer a few minutes to enhance flavor.
- If you choose the second method, you can serve tuna-balls with pasta fixed with their sauce.
- Makes about 20 tuna-balls.

## INGREDIENTS

- 2 cans (7 Oz each) solid white Albacore tuna, drained well
- 3/4 cup whole milk ricotta, drained of any standing liquid
- 2 eggs, lightly beaten
- 1/3 cup grated cheese
- 1/2 cup Italian Style breadcrumbs (approximately), plus more for coating
- Salt and pepper to taste
- Chopped parsley as needed
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- Vegetable oil for frying



## NONNA'S TIPS

- If you'd like a more intense flavor, add a couple anchovy fillets, finally chopped.
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- You can also add a little garlic powder to the mix to enhance flavor.
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- As I mentioned in the recipe, the amount of breadcrumbs you'll need depends on how much liquid you have. Start with less and add more if needed.