



## Air Fryer Italian Meatballs

*We loved the bold flavor that came from combining both ground beef and pork. Into one meatball mixture! The Worcestershire sauce, garlic, and feta help deepen the flavor in this delectably meaty meal! We recommend pairing this meal with a side of green beans so that you can also get your helping of vegetables for even more nutrition!*

### Ingredients:

- 1 lb ground beef
- 1 lb ground pork
- 1 medium onion, roughly chopped
- 4 garlic cloves
- ¼ cup parsley, roughly chopped
- 2 eggs lightly beaten
- ½ cup Italian seasoned breadcrumbs
- ½ cup crumbled feta cheese
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- ½ tsp black pepper

### Directions:

- In a mini food processor, add the onion, garlic cloves, and parsley. Pulse until finely chopped and set aside.
- In a large bowl, place ground beef, ground pork, onion mixture, eggs, feta cheese, Worcestershire sauce, salt and pepper. Knead together the ingredients until evenly combined.
- Grab 2 tbsp of the meat mixture and roll into a ball, repeat until you have used all the meat.
- Place meatballs in the air fryer basket in a single layer to ensure a crispy layer all over. Place basket inside air fryer and cook at 400°F for 10-12 minutes, or until internal temperature of the meatballs reach 165°F.
- Serve and enjoy!

*“Remember: Difficult does not mean impossible.”*

