Pork and Oat Meatballs with Cabbage Noodles

16 small meatballs with cabbage noodles; 4 meatballs and one-quarter of the noodles per serving · Active 30 min · Total 55 min

Skills: Easy

Ingredients

- 1/2 cup rolled oats (45 g)
- 6 tablespoons milk (90 ml)
- 10 1/2 oz ground pork (300 g)
- 1 large egg (50 g without shell)
- 1 small onion (100 g), divided: half finely grated and half thinly sliced
- 1 teaspoon sweet paprika (2 g)
- 3/4 teaspoon fine salt (4.5 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1 tablespoon neutral oil (15 ml)
- 1/2 cup water (120 ml)
- 8 oz dried egg noodles (225 g)
- 6 cups shredded green cabbage (400 g)
- 2 tablespoons butter (28 g)

Set out

Large lidded skillet, Large saucepan, Mixing bowl, Colander, Food thermometer

Allergens

Egg, Milk, Wheat. Check labels and substitutions.

Ingredient labels

Check oats for wheat cross-contact and noodle labels for additional ingredients.

Make it

1. Mix oats and milk in the bowl and stand for 10 minutes. Add pork, egg, grated half-onion, paprika, one-third of the salt and the pepper. Mix gently and form 16 equal small meatballs.

2. Heat oil in the skillet over medium heat. Brown meatballs for 5–6 minutes, turning. Add the measured water, cover and cook gently for 8–10 minutes, until several centers reach 160°F/71°C. Transfer to a warm plate and cover loosely.

3. Bring a saucepan of water to a boil. Cook egg noodles according to the packet, usually 7–9 minutes. Reserve a little cooking water, then drain.

4. While noodles cook, put butter, sliced half-onion and cabbage into the meatball skillet over medium heat. Cook for 10–12 minutes, turning occasionally, until softened with golden edges. Add the remaining salt.

5. Toss drained noodles with cabbage, adding a tablespoon of reserved cooking water only if needed to separate them. Serve one-quarter of the noodle mixture and four meatballs per portion.

Stretch with a measured ingredient

The oats are weighed and hydrated, and the full noodle-and-cabbage portion is included. Stretching meat works better as a complete recipe than as an instruction to keep adding dry filler.

A useful detail

The listed water finishes the meatballs gently; it is not an unlimited simmering liquid. If it has not mostly evaporated when the meatballs are done, reduce it briefly before adding the cabbage.

Keep it well

Cool in shallow portions within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below for up to 3 days. Reheat meatballs and noodles to 165°F/74°C, adding a splash of water and covering while heating. Freeze cooled meatballs separately for up to 2 months.