

# Seaweed Penne with Venison Meatballs



PREP TIME  
2 minutes

COOK TIME  
30 minutes

READY IN  
1 hour



SERVINGS  
4-6

FOREST  
INGREDIENTS  
Venison

OCEAN FOREST  
INGREDIENTS  
Seaweed Penne

## Ingredients

12 oz. Blue Evolution Seaweed Penne

1 pound ground venison

1 egg

¼ tsp minced garlic

⅓ cup white onion, diced

1 Tbsp. olive oil

5 ounces fresh mini mozzarella balls

24 oz. of your favorite spaghetti sauce

## Steps

- Preheat oven to 375 degrees.
- Boil seaweed penne according to package instructions. \*There is no need to add salt as you normally would with wheat pasta. Drain and set aside.
- Mix together venison, egg, garlic and onion, massaging with hands to ensure even distribution of the egg.
- Using a one inch stainless steel scoop, shape the meatballs by squeezing the handle a few times. The meat mixture should roll around, forming balls.
- Heat olive oil on medium high heat. Fry meatballs 2-3 minutes per side. Set aside.
- Prepare a 9x13" baking dish or individual ramekins by spraying with cooking spray.
- Layer baking dish or dishes with penne, meatballs and mozzarella balls. Pour spaghetti sauce over all.
- Place in oven and bake for about 20-25 minutes or until the cheese is bubbling

## FOREST FRESH ALASKA

- and the sauce is simmering.
- Serve immediately

### *Notes*

The seaweed pasta creates such fresh beachy aroma while preparing. It is definitely a delectable way to add even more nutrients and flavor to this comforting dish!