

# Spaghetti Brains with Meatballs



*The ultimate Halloween gross-out: Fresh noodles look remarkably like a brain covered in blood (marinara sauce). And there's a creepy surprise when you cut the brain open—meatballs! It's all very ghoulish!*

**Cook Time: 45 min**

**Total Time: 2 hrs (includes resting time)**

**Serves: 6-8**

## INGREDIENTS

- ☠ One 32-ounce jar marinara sauce, divided
- ☠ 1 lb. premade small meatballs
- ☠ Two 20.82-ounce packages pre-cooked Udon noodles\* (see note)
- ☠ ½ cup shredded whole-milk mozzarella
- ☠ 6 oz. sliced ham (medium thickness)
- ☠ 3 large eggs, beaten
- ☠ Aluminum foil
- ☠ Non-stick cooking spray

## INSTRUCTIONS

1. Arrange an oven rack in the center of the oven and preheat to 450° F.
2. Cook the spaghetti according to package directions.
3. Heat 2.5 cups of marinara and meatballs in a saucepan over medium low heat for about 10 min.
4. Whisk the mozzarella, eggs, reserved sauce and 1/4 cup of the Parmesan in a large bowl until combined. Add the noodles to the egg mixture and toss until evenly coated.
5. Create the brain mold! See directions below
6. Transfer half of the noodles to the mold, pressing the noodles gently to the sides to create a well in the center of the noodles. Cover the inside of the well with the ham (do to not let it touch the foil or it will stick). Save a few sliced of ham for the top!
7. Fill the well with the meatballs (leaving remaining sauce behind) and then top with the remaining ham, forming gently to create a pocket of meatballs in the center of the brain.
8. Top with the remaining noodles and arrange so that they fill in all the gaps, surround the meat and fills the mold.
9. Bake until the noodles have completely set, 30 to 40 minutes. Let sit in the mold for 30 minutes before removing. Invert onto a cutting board and pour the remaining sauce down the center channel of the brain.

## TO MAKE THE BRAIN MOLD:

- ☠ You will need a casserole or heatproof bowl that can go into the oven.
- ☠ Roll a 24-inch piece of foil into a long triangular (prism) shape.
- ☠ Crumble and flatten 2 more 24-inch pieces of foil into an 8-by-4-inch oval shape (use the .
- ☠ Place the prism in the center of a 10-cup heatproof bowl and bend the ends so that the foil is pressed against the bowl and divides the bowl in half (this will make the 2 hemispheres of a brain).
- ☠ Place the 2 foil ovals on either side of the prism.
- ☠ Cover all 3 with an 18-inch piece of foil, pressing it into the foil barrier shapes. This is the brain mold. Generously spray the mold with nonstick spray.



## NOTE:

- ☠ Pre-cooked udon noodles are generally plumper than the kind you can cook up from dried. You can find them in the frozen section of many Asian grocery stores.

If you cannot find Udon noodles, or have suspicious eaters, you can use regular spaghetti!