

CHEEZY MEATBALLS



INGREDIENTS

500g beef mince
1 onion brown, grated
2 cloves garlic, grated or crushed
1 carrot, medium, grated
1 zucchini, medium, grated
1 egg, lightly whisked
2 tbs sauce tomato
1 tbs sauce barbeque
1 egg, lightly whisked
1 cup (80g) cheese, grated
¼ cup (40g) flour plain
¾ cup (70g) bread crumbs
2 tsp oil

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES: 4 (APPROX. 15-20
MEATBALLS)

METHOD

1. Combine all ingredients except the oil and breadcrumbs into a large bowl (use your hands or get little helping hands to feel the squishy gooey-ness).
2. Roll about 1 tbs of the mixture at a time into balls and roll them into breadcrumbs on a plate to lightly coat them.
3. Cover and place in the fridge for about 30 mins or until firm.
4. Heat the oil in a large frypan over medium heat.
5. Add a third of the meatballs to the pan and cook, turning occasionally, for about 7 mins or until golden brown and cooked through.
6. Repeat until all cooked (you can keep the cooked ones warm in the oven on a low temp if you need).

REHEATING, STORAGE & LEFTOVERS

Place the leftovers in a container in the fridge and eat the leftovers cold or hot (reheat in the microwave or oven).

VARIATIONS & TIPS

These meatballs make a great lunchbox filler, party food or snack for afternoon tea.

To create a meal, add mashed potato with steamed veges or a salad.

Try making your own breadcrumbs by whizzing a few stale pieces of bread in a processor until fine crumbs form.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.