



Spicy Meatballs

SERVES 4

INGREDIENTS

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| 4 x 120g beef mince (females) | 1 egg, lightly beaten |
| 4 x 220g beef mince (males) | 1 clove garlic, finely chopped |
| 1 tablespoon fresh ginger, grated | 1 teaspoon fish sauce |
| 2 tablespoons fresh coriander, chopped | 1 medium red chilli, seeded and finely diced |
| 1 tablespoon soy sauce | 2 tablespoons extra virgin olive oil |
| ½ red pepper, finely diced | 500g jar tomato pasta sauce** or see recipe |
| ½ green pepper, finely diced | |
| ½ carrot, grated | |

* When using packaged sauces (pasta sauce) check the nutritional label. There must be less than 5g carbohydrates per serve.

METHOD

1. Place all ingredients, except oil and tomato pasta sauce in a large bowl and mix well until combined. Form the mixture into small round balls. Place on a baking tray and refrigerate for 1 hour.
2. Heat the oil in a large frying pan and cook the meatballs in batches, for 5-6 minutes or until brown and cooked through.
3. Once cooked, return all meatballs to the pan and add the tomato sauce, cook until the sauce is heated through.
4. Divide meatballs between serving plates, sprinkle with fresh basil and serve with a garden salad.

