

Meat Balls many ways



Method

1. Prepare bread crumbs (see tips section for how to make your own).
2. Chop garlic, onion, spring onion, thyme and parsley.
3. Grate carrot.
4. Place mince, breadcrumbs, egg and all chopped vegetable ingredients into a bowl.
5. Season with the salt and pepper.
6. Mix well with your hands, squeezing so everything is well incorporated.
7. Roll mixture into golf sized balls or hamburger sized portions. You might like to do a bit of both.
8. Set aside on a tray while you prepare your sauce.

Serving suggestion

These meatballs can also be eaten in a wrap, Lebanese style or just with salad and can be made larger to have as a burger cooked on the BBQ.

THESE MEATBALLS ARE A GREAT COMFORT FOOD AND CAN BE SERVED WITH MANY DIFFERENT SAUCES DEPENDING WHAT IS IN SEASON.

PREP. TIME 25 mins

COOKING TIME 15 mins

SERVES

INGREDIENTS

- 1 tablespoon of olive oil
- 4 garlic cloves, finely diced
- 3 teaspoons of chopped thyme
- 1 small onion, finely diced
- 3 spring onions
- 1 kg of beef mince
- 1 cup of breadcrumbs
- 2 grated carrots
- 2 eggs lightly beaten
- ½ teaspoon salt
- ½ cup parsley
- 1 teaspoon black pepper

EQUIPMENT

- Large bowl
- Clean hands
- Knife
- Chopping board
- Grater
- Food processor or grater if you are making your own breadcrumbs
- Small dish for the egg
- Fork for beating egg





Tips

To make your own breadcrumbs use day old or two day old bread. Break into small pieces, put in to a food processor, and pulverise. If you do not have a food processor, toast the bread so it dries out a little further and use a grater to make crumbs.

Another method you can try to make crumbs is to put your bread into a small bowl, cover with milk and leave to soak for 10 minutes. Squeeze out the excess milk and place the bread in a large bowl crumbling it with your fingers.

These meatballs can be frozen on their own and made into different meals depending on what you have available, whether it be broad beans, a whole lot of tomatoes or simply a bread roll or a wrap and salad.

Meat balls squashed are a perfect size for a children's hamburger.

