



Mini meatballs



Makes 24

Ingredients

- 500g lean beef mince
- 1 carrot
- 1 zucchini
- ½ teaspoon paprika
- ½ dried mixed herbs
- 1 egg
- ½ cup breadcrumbs
- Spray olive oil



Method

1. Grate carrot. Grate and squeeze zucchini. Beat egg.
2. Combine mince, carrot, zucchini, paprika and herbs in a large mixing bowl. Add beaten egg and breadcrumbs and mix well.
3. Roll mixture into small balls and place on a clean plate. Cover and refrigerate for half an hour.
4. Lightly spray a fry pan with oil, or use a non-stick fry pan, and cook meatballs in batches for 5 minutes or until fully cooked through.

Optional

This recipe can also be used to make burger patties.