



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: makes 22 balls

INGREDIENTS

- **THAI MEAT BALLS**
- 1 large onion, finely chopped
- 500g turkey mince
- 1 tsp crushed garlic
- 1 tsp ginger, grated
- Juice of half a lime
- 1 tbsp soy sauce, gluten free
- 1 tbsp fish sauce, gluten free

THAI MEAT BALLS



- 1 tbsp chilli sauce, or 1 diced chilli
- 2 tsp natvia, honey or sweetener
- ¼ packed cup coriander, chopped
- 2 tbsp chia seeds (I used white)
- **DIPPING SAUCE**
- 1 x 400ml can coconut cream
- 100g green curry paste

METHOD

- Preheat oven to 180°C.
- Line an oven tray with baking paper.
- In a large bowl, combine all ingredients for meat balls and mix well to combine.
- Shape into walnut size balls, and place onto baking paper on oven tray.
- Bake in oven for 10 minutes, turn and bake a further 5 minutes, or until cooked.
- In a small saucepan heat coconut cream and curry paste until hot.
- Insert a toothpick into each meat ball, and drizzle with dipping sauce.
- Serve extra sauce on the side.
- Also great served on mashed potato or cauliflower rice with extra sauce.
- Garnish with extra coriander.