



ALLERGIES:

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

Prep time: 20 mins

Cook time: 30 mins

Serves: 6

INGREDIENTS: MEATBALLS

- 800g turkey breast mince
- 2 tsp crushed garlic
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1/4 cup chopped coriander leaves
- 1 tsp pink rock salt
- 1 tsp smoked paprika
- 1/2 tsp chilli powder, optional

METHOD

- Squeeze the moisture out of the grated vegetables in a tea towel.
- In a large bowl add all the meatball ingredients and mix well with your hands.
- Roll into walnut/golf ball size balls and set aside.
- Preheat oven to 180°C.
- Heat oil in a frying pan to medium and sauté onions and garlic.
- Add spices and salt and cook for 2 minutes, then tomatoes and roughly chopped Pak Choy and cook 3 minutes.
- In a large baking dish, place 3/4 of sauce over the base, add meatballs in a single layer on top, and then add remaining sauce over the meatballs.
- Bake for 30 minutes, increasing the heat for the last 10 minutes to 200°C.
- Serve with cauliflower rice or boiled potatoes, garnish with coriander.

SPICY TURKEY MEATBALLS



INGREDIENTS: SAUCE

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 2 tsp crushed garlic
- 1 tsp grated ginger
- 1 tsp pink rock salt
- 1/2 tsp ground cinnamon
- 1 tsp ground coriander
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground Turmeric
- 1x 800g can diced tomatoes
- 1 bunch Pak Choy (or similar)
- Fresh coriander to garnish