

Mini Meatballs



Ingredients

- 1 onion
- 1 carrot
- 1 zucchini
- 1 egg
- ¼ cup breadcrumbs
- 1 teaspoon dried mixed herbs
- 500g lean beef mince
- 1 tablespoon olive oil

Makes 24



1 DICE

Peel the onion and dice into small pieces.



2 GRATE

Grate the carrot and zucchini.



3 SQUEEZE

Using clean hands, squeeze the water out of the grated zucchini.



4 PLACE

Place all ingredients beef in a mixing bowl.



5 COMBINE

Using hands, mix until fully combined.



6 ROLL

Using wet hands, roll tablespoons of mixture into balls.



7 HEAT

Heat frypan to medium high heat and add the oil.



8 COOK

Cook meatballs for 10 minutes until brown on all sides. Remove from heat and serve or set aside to cool.