

Delicious Dinners

Tasty Turkey Meatballs



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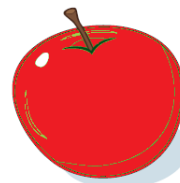
Serves 4

Ingredients:

350g lean turkey mince
2 cloves garlic
2 tablespoons fresh thyme
30g fresh brown breadcrumbs
1 small red apple
1 medium egg
Black pepper
1 large onion
2 celery stalks
1 red pepper
1 carrot
1 can chopped tomatoes
1 tablespoon tomato puree
2 teaspoons thyme
350g pasta

Equipment:

Oven and oven gloves
Knife
Chopping board
Mixing bowl
Spoon
Baking tray
Fork
2 pans



Method:

1. Pre-heat the oven to 180°C.
2. Peel and grate apple and carrot.
3. Trim and finely chop onion and celery.
4. Cut pepper into thin strips.
5. Lightly beat egg.
6. Mix the turkey mince with garlic (crushed), thyme, breadcrumbs, apple and seasoning.
7. Add the egg and mix well until the mixture comes together.
8. Form the mixture into small balls in your hands, approximately the size of a cherry tomato.
9. Place meatballs on a baking tray and bake for 10 - 15 minutes until golden, sizzling and cooked through.
10. Add the onion, celery and red pepper and sauté gently for about 5 minutes or until the onion is soft.
11. Add the chopped tomatoes, tomato puree and grated carrot and bring to the boil, then reduce the heat to simmer for 5 minutes
12. Add the turkey meatballs and simmer for a further 5 minutes..
13. Cook the pasta in a pan of boiling water according to the instructions on the packet.
14. Drain then return to the pan with the tomato sauce and turkey meatballs.
15. Serve sprinkled with thyme.