



MEDITERRANEAN MEATBALLS

Preparation time: 15 minutes

Cooking time: 20 minutes

Makes: 35 balls

Ingredients: 500g minced beef
1 large zucchini, roughly chopped
1 large carrot, finely chopped
1 small onion, roughly chopped
1 tablespoon basil leaves, fresh

1 1/2 cups plain wholemeal flour

Method:

1. Preheat oven to 180°C.
2. Place zucchini, carrot, onion and basil into a food processor. Process for 1 - 2 minutes or until smooth. Place mixture in large bowl.
3. Mix in the mince beef.
4. Beat in a small amount of flour at a time with a wooden spoon until the mixture is smooth and thick.
5. Shape teaspoons of mixture into small balls and place on a tray lined with baking paper.
6. Cover with foil and bake for 20 minutes.

Notes: Serve with fresh tomato sauce or relish.