

Quick & Easy Meatballs

Serves 4

1 lb. (500g) lean ground beef
1 small onion, finely diced
2 garlic cloves, minced
1 red pepper, diced
1 egg
½ cup (30g) buckwheat flour
¼ cup coriander, chopped
1 tsp. oregano
12 slices streaky bacon

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).
3. Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.



GF	DF	LC	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	309	14	9	36

*Nutrition per serving

