

Grilled Meat Glazed Meatballs

Serve these yummy glazed meatballs as an appetiser, or in a sub roll. You can even shape them into patties and serve in a burger bun with all the trimmings. Or just serve with stir fried greens and noodles. We love pork mince for this recipe but all minced meat works well.

Ingredients

- 700 g pork or beef mince
- Half a cup of dried GF breadcrumbs
- 1 egg
- 2 cloves of garlic
- 4 spring onions – very finely sliced
- Tsp. salt and pepper
- GRILLED MEAT GLAZE – around 125mls
- Splash of water

Directions

1. Combine the first 7 ingredients in a bowl with a splash of the GRILLED MEAT GLAZE. Mix well, ensuring everything is evenly distributed. Shape into small even sized balls. Place on a baking sheet and refrigerate for 1 hour.
2. Cook in a medium (180c) oven for 15 minutes, or fry in a frypan with a little oil. Remove from the pan (make sure any oil is tipped away)
3. Pour half a bottle of the GRILLED MEAT GLAZE and a splash of water into the pan and bring to the boil. Add the meatballs back in and simmer for about 5 minutes or until the glaze is reduced and they are sticky and coated,
4. Serve as a shared appetiser, or fill a sub roll with cheese slices and the meatballs. Wrap the roll in tinfoil and pop back in the oven to melt the cheese.

5. You can also shape the meat mix into patties, follow the recipe as normal, but use to fill a burger bun with pickles, tomato slices, onion rings and FIREBALL hot sauce