

These tasty meatballs are a great way to hide veggies for any fussy eaters.

EDUCATION SECTOR: PRIMARY
SERVINGS: 10*
ALLERGENS: GLUTEN AND MILK



Italian Style Turkey Meatballs with Hidden Vegetables

Ingredients

FOR THE MEATBALLS

750g Turkey mince
200g Carrots
200g Leeks
100g Breadcrumbs
2g Mixed herbs
15g KNORR Professional Chicken Powder Bouillon

FOR THE SAUCE

400g KNORR Professional Tomato & Basil Concentrated Sauce
75g Red lentils
600ml Water

TO FINISH

100g Cheese
100g Breadcrumbs



Method

FOR THE MEATBALLS:

- Peel and grate the carrot.
- Slice and wash the leek then blitz until finely chopped.
- Place the turkey mince into a bowl, add the carrots, leeks and mixed herbs then season with the KNORR Professional Chicken Powder Bouillon.
- Mix all together to combine the flavours then roll into approx. 30g balls.
- Place onto an oven tray then chill for 30 minutes.

FOR THE SAUCE:

- Pour the water and lentils into a saucepan and place onto a medium heat and bring to a simmer.
- Cook for 15 minutes then add the KNORR Professional Tomato & Basil Concentrated Sauce and whisk.
- Allow to simmer for 5 more minutes then remove and blend until smooth.

TO FINISH:

- Remove the meatballs from the fridge and place into the oven.
- Bake for 10 minutes at 170°C then remove and pour over the sauce.
- Cover the tray with a lid or foil then return to the oven for 15 minutes.
- Remove the lid or foil, sprinkle with cheese and breadcrumbs then bake or grill until golden and core temperature is reached.
- Serve with pasta.