

Courgetti with Turkey Meatballs



You will need

- ✓ 200g Turkey mince
- ✓ 1 Egg
- ✓ 2 Slices stale bread, torn into breadcrumbs
- ✓ 1 Clove of garlic, crushed
- ✓ A pinch of salt and pepper
- ✓ Small bunch of parsley, chopped (optional)
- ✓ 1 Courgette, sliced into strips with a vegetable peeler
- ✓ 1 Tin chopped tomatoes
- ✓ 1 Onion, diced

Instructions

Makes enough for 4 people

Step 1

Preheat the oven to 220C.

Step 2

In a mixing bowl, combine the turkey mince, 1 egg, a pinch of salt and pepper, breadcrumbs, parsley and garlic.

Top Tip: You can swap the tomato sauce for red pesto if you want to keep it simple.

Step 3

Roll the mixture into equally sized balls and place on a baking tray.

Step 4

Bake for 20 minutes or until cooked all the way through.

Step 5

In the meantime, put the olive oil into a frying pan and gently heat.

Step 6

Fry the onion until soft and add the courgette strips.

Step 7

Fry for 2-3 minutes, then add the chopped tomatoes and a pinch of salt and pepper.

Step 8

Simmer on a medium heat for 15 minutes.

Step 9

Stir in the meatballs and serve all together.