

Supercharged Beef Meatballs

Dietary: NF, GF, DF
Age group: 8 months+
Difficulty level: Beginner

Serves: 8
Prep: 15 mins
Cook: 30-35 mins

Supercharged Beef Meatballs



Nut-Free Dairy-Free Gluten-Free

Equipment

High-speed food processor

Ingredients

- 1 small brown onion (55g), peeled and quartered
- 2 garlic cloves (10g), peeled
- 2 medium carrots (260g), peeled and roughly chopped
- 1 medium zucchini (160g), peeled and roughly chopped
- 1 small red apple (100g), peeled, cored and quartered
- 1 egg
- 560g lean beef mince
- ¼ cup (35g) rice breadcrumbs
- 2 tbsp (20g) cornflour
- 1 tbsp (10g) fresh parsley, rinsed and finely chopped
- 1 tsp (2g) Italian herbs
- Pinch of pepper

Method

1. Preheat oven to 180°C and line a large baking tray with baking paper.
2. Place onion, garlic, carrot, zucchini, apple and egg into a high-speed food processor and process until finely crushed.
3. Add mince to a large bowl and add vegetable mix, breadcrumbs, cornflour, herbs and pepper. Mix until well combined.
4. Roll mixture into small balls, approx. ¼ cup per ball, then place on a baking tray and bake for 30-35 mins or until golden brown and cooked through.

Serving Suggestion: Serve meatballs with boiled sweet potatoes, wedges or mash and a side of steamed vegetables.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy Ingredient Swaps:** Swap vegetables for seasonal vegetables of choice. Swap beef mince for lamb mince
- ✓ **Baby-friendly Version:** Serve mashed or in finger food-sized pieces.
- ✓ **For Fussy Eaters:** Make sure the vegetables in the meatballs are pureed and not detectable.