

Quick & Easy Meatballs

Ingredients

- ✓ 1 lb. (500g) lean ground beef
- ✓ 1 small onion, finely diced
- ✓ 2 garlic cloves, minced
- ✓ 1 red pepper, diced
- ✓ 1 egg
- ✓ 1/2 cup (30g) buckwheat flour
- ✓ 1/4 cup coriander, chopped
- ✓ 1 tsp. oregano
- ✓ 12 slices streaky bacon



Procedure

1. Preheat the oven to 200°.
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 1/4 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.

Serves 4

Preparation/Cook Time and Macros Breakdown

| Prep | Cook | Calories | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|----------|---------|----------|------------|
| 15 mins | 20 mins | 309 | 14 | 9 | 36 |