

Turkey Meatballs in Tomato Sauce

(Makes about 16 balls)

Ingredients for the meatballs

1 lb minced turkey (or chicken)
2oz low fat cream cheese (eg. Light Philadelphia)
1 egg
2 tbl chopped celery
½ tsp black pepper



Ingredients for the sauce

500ml carton 500ml Tomato passata (Lidl/Tesco)
1 clove garlic crushed
½ teaspoon cayenne pepper
chopped fresh basil
salt and pepper to taste

Combine all of the meatball ingredients in a bowl, the mixture will be sticky and gooey but that's normal. Form into 1 inch balls and remember that they are bite size so you don't need to make them too big.

Place them on a greased baking sheet and bake at 170C / 330F degrees for 20 minutes or if you prefer them browned you can shallow fry them on a frying pan lightly greased with Coconut or olive oil until cooked throughout.

To make the sauce fry off the garlic in a teaspoon of olive oil, add the passata and cayenne pepper and warm gently. Once it's heated through add the chopped basil and salt and pepper to taste.

Serve the meatballs with the delicious warm sauce poured over the top and some celery sticks on the side or with baby gem lettuce.

Nutrition Facts

Per meatball
69 Kcal,
1.5g fat,
0.6g net carbs
8g protein

Approx nutrition per 100g sauce 3g carbs