

Delicious Turkey Meatballs

(Makes about 16 balls)

Ingredients for the meatballs

1 lb minced turkey (or chicken)
2oz cream cheese
2 eggs
2 tbl chopped celery
3 tbl crumbled blue cheese
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

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.

Nutrition Facts

Approx nutrition per ball 95 Kcal, 5g fat, 0.6g net carbs, 8g protein

Approx nutrition per 100g sauce 3g carbs