



## REDUCED CARBOHYDRATE MEAL

# Cheesy Piri Piri meatballs

### INGREDIENTS (1 serving)

- 245g (8.7oz) ready-made beef meatballs - available at most supermarkets
- 5ml (0.2 fl. oz) olive oil
- 10g (0.4oz) butter
- 3 scallions, sliced
- 80g (2.8oz) red bell pepper, roughly chopped
- 90g (3.1oz) broccoli, roughly chopped into small pieces
- 1 tsp mixed herbs - optional
- 1 tsp Piri Piri spice
- 265g (8.7oz) tinned chopped tomatoes
- 100g (2.8oz) feta cheese
- 155g (5.5oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

This is a banging meatball recipe, it might take you a little longer than fifteen minutes, but once you've got the hang of it, you'll have them knocked up in no time. They also freeze really well, winner! If you want to make your own meatballs – buy a nice lean beef mince, mix through some diced onion, garlic and shape.

### METHOD

Preheat your broiler on to maximum.

Heat the olive oil in a large frying pan over a medium heat and fry your meatballs evenly on all sides giving them a nice brown color. Now stick the meatballs on a plate while you get cracking on the sauce.

Use the same pan from the meatballs as this is where all the flavor is. Melt the butter, add the scallions, pepper and broccoli, cook for 4-5 minutes or until the veg is turning soft. Add the tinned tomatoes, mixed herbs and Piri Piri spice, bring to the boil and simmer for 4-5 minutes. Bosh it in the blender with half of the cheese. Blitz this lot into a smooth sauce.

Stick the sauce back in the pan and add your meatballs, bring to the boil, then reduce the heat and simmer for 5 minutes until the meatballs are fully cooked through and the sauce has thickened slightly. To check, cut the biggest one in half and make sure the meat has turned from pink to dark brown.

Whack the whole lot into an ovenproof dish sprinkle with the rest of the cheese and slide it under your hot broiler to crisp up.

Steam, blanch or boil a portion of your favorite greens. Pile it on the plate next to your meatballs and away you go.