

Apple Beef Meatballs

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These are incredibly tender meatballs, flavoured with apple sauce and cheese. They made a delicious meal served with a cheesy sauce and pasta.

Ingredients:

675g minced beef
160g apple sauce
120ml milk
60g grated cheddar cheese
1 onion
1 garlic clove
60g croutons – find some flavoured with garlic and herbs if possible
1 egg
Salt and pepper

Directions:

1. Finely chop the onion and mince the garlic clove.
2. Whisk the egg with the milk, then add the croutons and allow them to soak for a little while.
3. Add the minced beef, apple sauce, onion, garlic, and salt and pepper. Work the mixture together with your hands and then fashion it into meatballs.
4. Place the meatballs onto a non-stick baking tray and bake them into an 180C oven until fully cooked through, around 25 minutes.

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