

# Triple Meaty Meatballs

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*These meatballs are chock full of delicious Italian flavour. Serve them with a simple tomato sauce and some pasta for a tasty Italian dinner.*

## Ingredients:

300g minced beef  
300g minced turkey  
300g spicy Italian sausage, skins removed  
1 onion  
2 eggs  
Handful of breadcrumbs  
2 tbsp. dried Italian herbs (oregano, basil, thyme)

## Directions:

1. Finely chop the onion.
2. Mash the Italian sausages with the back of a fork so that they're pliable.
3. In a large bowl, mix together the minced meats, sausages, onion, eggs, breadcrumbs and herbs.
4. Work the mixture together with your hands until everything is adequately mixed together, and then form meatballs from the mixture.
5. Cook them by baking in an 180C oven for around 25 minutes.

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