

Turkey Meatballs

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Ideal for people who are watching their weight or who find beef too heavy, these meatballs also contain loads of mushrooms and herbs, making them lovely and flavourful.

Ingredients:

340g minced turkey
340g mushrooms (use a mixture of chestnut, button, and wild mushrooms)
30g butter
50g breadcrumbs
1 onion
2 tbsp. chopped parsley
1 egg

Directions:

1. Finely chop the onion and the mushrooms.
2. Heat a little bit of olive oil in a pan and add the mushrooms and onion. Lightly fry them for around ten minutes or until cooked through and golden. Allow them to cool for around ten minutes.
3. Put the turkey, onion, mushrooms, butter, breadcrumbs, parsley and egg into a bowl and then mix everything together with your hands.
4. Fashion meatballs out of the mixture and cook them by baking them in an 180C oven for twenty minutes.

Author: Laura Young