

Spanish meatballs

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Spanish meatballs

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These Spanish meatballs are an easy mid-week meal

Ingredients (serves 6)

- Olive oil
- 200g lean mince beef
- 5 tbsp bread crumbs
- 1 clove crushed garlic
- 5 tbsp diced red onion
- 2 tbsp fresh grated parmesan cheese
- 2 tsp thyme, finely chopped
- 2 tsp flat leaf parsley, finely chopped
- 1 tsp paprika
- 1 tsp Cajun spice

Salad

- 2 medium tomatoes, finely diced
- 2 tbsp diced red onion
- 1 tsp basil, finely diced
- 1 tsp olive oil

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- 1 tsp lemon juice

Method

Place all ingredients for meatballs into mixing bowl and mix well. Wet hands lightly and shape meat into small bite-sized pieces.

Heat a non-stick pan with olive oil on medium heat. Add a small amount of balls at a time and cook on both sides until brown.

Prepare salad by placing ingredients into a bowl, coat with olive oil and lemon juice. Place meatballs on top of salad to serve.

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