

# Baked Turkey Meatballs



A leaner alternative to your regular meatballs. Serve with zoodles and a red sauce for dinner or eat by itself for an on-the-go lunch.

## **Ingredients**

1/2 small onion, diced

1 cup wholemeal bread, torn into small pieces

1/4 cup milk

500 g lean turkey mince

1 tsp onion powder

1/2 tsp garlic powder

1/2 tsp dried thyme

2 tsp fresh sage, chopped

1 egg

1/4 tsp salt

extra virgin olive oil spray

## **Method:**

1. In a small fry pan, over medium heat, cook the onion until brown and caramelized. Take off heat to cool. Set aside until ready to use.
2. In a small bowl, pour the milk over the bread to soften.
3. In a large mixing bowl, add the turkey, garlic and onion powder, bread mix, thyme, sage, egg and cooked onions. Season to taste and mix well.
4. Preheat the oven to 190C.
5. Take a tablespoon of the turkey mixture and roll into balls.
6. In a baking tray lined with baking paper, place the balls on the tray and spray with olive oil. Bake in the oven for 20-25 minutes or until brown and cooked though.