



LOVES FOOD

SAUCY MEATBALLS WITH A KICK

INGREDIENTS:

500g lean beef mince
1 teaspoon BBQ spice
3 tablespoons cooking oil
Half a teaspoon salt
1 medium chopped red onion
Half a teaspoon black pepper
1 teaspoon thyme
1 teaspoon garlic
2 teaspoons garlic
2 tablespoons of BBQ sauce
2 tablespoons sweet chilli sauce
2 tablespoons of soy sauce

METHOD:

1. Make sure to mince your onion finely so that there aren't large chunks in the meatballs. Alternatively, you could grate the onion.
2. Mix mince, BBQ spice, salt, black pepper, thyme, garlic, ginger and onion. Mix well
3. Form balls. Make sure balls are the same size and are rounded well
4. Fry meatballs in some oil until brown on all sides (you can place them in the microwave for 10 minutes to par boil them first if you like)
5. Once cooked, toss in the sauce
6. To make sauce mix sweet chilli sauce, soy sauce and BBQ sauce

SERVING SUGGESTION

These meatballs go excellently with yellow fried rice and a green salad. Alternatively, pair it with a pasta salad loaded with veggies on a hot day and you have the perfect summer meal.

Enjoy!

With love,
From Famous Warrior's kitchen