



PREP
15 min

COOK
18 - 20 min

SERVES
20 mini
meatballs

Hidden Veggie Mini Meatballs

INGREDIENTS

500 g Jindurra Station
beef mince

1 cup Market Fare frozen mixed
vegetables, finely chopped

½ cup White Mill breadcrumbs

1 Lodge Farms egg

1 tsp Stonemill garlic powder

1 tsp Stonemill onion powder

Stonemill salt & pepper, to taste

2 tbsp The Olive Tree extra virgin
olive oil

METHOD

1. Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper.
2. In a large bowl, combine the beef mince, finely chopped mixed vegetables, breadcrumbs, egg, garlic powder, onion powder, and salt and pepper to taste.
3. Mix well using clean hands until evenly combined.
4. Roll heaped teaspoonfuls of mixture into small meatballs and place on the prepared tray.
5. Drizzle lightly with olive oil.
6. Bake for 18–20 minutes, or until golden and cooked through.
7. Cool completely before adding to lunchboxes or freezing for later use.



Tip Serve with a small container of Colway Garlic Aioli or Colway tomato sauce for dipping.



Yummy



Good Different