



Turkey meatballs with zucchini zoodles

4 servings
30 minutes

Ingredients

500 grams Extra Lean Ground Turkey
5 stalks Green Onion (wash and cut finely using a pair of scissors)
2 tsps Garlic Paste (2 cloves if using fresh garlic)
1/4 tsp Paprika
1/2 tsp Sea Salt
1/2 cup Grated Carrot
3 Zucchini (1 grated 2 set aside for zoodles)
1/4 cup Oats
1 Egg
1 tbsp Coconut Oil
1 Yellow Onion (finely diced)
2 cans Crushed Tomatoes

Directions

- 1 In a large mixing bowl, combine turkey, green onion, salt, carrot, zucchini, egg, oats, paprika and garlic with a spatula. Form the mixture into even meatballs. (Note: they will shrink with cooking.)
- 2 Melt the coconut oil in a large skillet over medium-high heat. Cook the meatballs about 1 to 2 minutes per side, or until cooked through. Remove from the pan.
- 3 While meatballs are cooking use a spiralizer or vegetable peeler to prepare the zucchini into fine strips/zoodles and finely dice the onion ready for the sauce.
- 4 Once the meatballs are removed from the pan add the onion and saute until translucent then add the crushed tomatoes and honey. Simmer on a medium heat for 10mins then add meatballs and simmer for a further 10mins. (add a tbs of water if mixture begins to stick to the pan)