

Meatballs

INGREDIENTS

- 1 Kg Beef mince
- 2 Tsp Paprika
- 2 Tsp Black pepper
- 2 $\frac{1}{2}$ Tsp Salt
- 2 Tsp Mixed herbs
- 1 Tsp Cumin
- 1 Tsp Coriander
- 1 Egg

Note: You can replace the beef mince with venison or chicken mince. The egg is not a necessity but do help with the consistency.



METHOD

Mix all the spice in a bowl together.

In a separate bowl mix mince, egg and spice mix, combine well.

Shape meatballs into desired size.

To Freeze: Place the desired amount of meatballs in foil pan. You can cook them for 10 minutes at 160 C, before freezing or freeze them raw. We prefer covering them in tomato stew before freezing.

To Cook: Cook meatballs in the oven for 20 min at 150 C. Alternatively, cook them in a deep pan with tomato stew. We prefer the latter.



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