



# TURKEY MEATBALLS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

500g turkey meat (preferably thigh)

1/2 red chilli, chopped finely

1 egg, beaten

bunch of coriander, chopped finely

1/2 red onion grated

1 garlic clove grated

olive oil for brushing

## METHOD

1. Line a baking sheet with greaseproof paper.
2. Add the ingredients to a bowl and mix well.
3. With wet hands shape into about 12 balls and place on the baking tray
4. Brush the balls with a little olive oil to keep moist.
5. Bake in a hot oven for 20 minutes until cooked.