



## Greek Meat Balls

### *Ingredients:*

- 1kg lean beef
- 2 eggs
- 1 cup Breadcrumbs
- ½ cup oat bran
- 1 large brown onion grated
- Juice of 1 Lemon
- ½ cup pureed pumpkin
- ½ cup pureed zucchini
- ½ cup pureed beetroot
- 2 tablespoons of chopped fresh Parsley
- 2 tablespoons of chopped fresh Mint
- ½ teaspoon black pepper
- Pinch of salt if you like

### *Method:*

Beat eggs lightly in a deep mixing bowl, stir in breadcrumbs, oat bran, onion, lemon juice, pureed vegetables, herbs and black pepper. Leave this to sit for approximately 10 minutes, covered.

Add the meat and thoroughly mix through mixture with hands. Cover bowl and refrigerate for one hour before cooking.

Shape into small balls (or you can flatten into mini patties to make mini hamburgers), place on foil on the griller tray in your oven (saves mess later) and paint a small amount of cold pressed olive oil on each one.

Grill on each side for 10-15 minutes each side or until nicely cooked.

These can be served with some chopped up vegetables or used to make mini hamburgers.