

# Quick & Easy Meatballs

## Serves 4

1 lb. (500g) lean ground beef  
1 small onion, finely diced  
2 garlic cloves, minced  
1 red pepper, diced  
1 egg  
½ cup (30g) buckwheat flour  
¼ cup coriander, chopped  
1 tsp. oregano  
12 slices streaky bacon

## What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).
3. Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.



GF	DF	LC	HP						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				15 mins	20 mins	309	14	9	36

\*Nutrition per serving

