

## Super juicy meatball flat bread



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>468 kcal</b>

### Stuff that's in it:

- Meatballs:
  - 50G Carrots (Peeled And Chopped/Julienned)
    - 250G 5% Fat Steak Mince
    - 250G 5% Fat Pork Mince
  - 150G Brown Onion (Peeled And Chopped)
    - 1 Tsp Mixed Italian Herbs
    - Salt And Black Pepper□
    - 1 Tsp Oil (To Cook)
  - 100G 50% Reduced Fat Cheese (To Top)
- - Sauce:
    - 1 Celery Stick (Chopped)
    - 150G Onion (Chopped)
    - 1Tsp Mixed Italian Herbs
    - 100G Red Pepper (Chopped)
      - Xxx Xxx (Xxx)
  - 2 Cloves Garlic (Chopped Finely )

- Handful Fresh Basil Leaves (Torn)
- 1 Can Chopped Tomatoes
- 1 Tsp Oil (To Cook)
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- Flat Breads:
- 200G Self-Raising Flour
- 200G Natural Yoghurt 0% Fat
- 1 Tsp Baking Powder

### **What you do:**

You can make the flatbreads in advance and the meatballs , to quickly heat up another day.

Chop the carrot and onion and pop into a food processor to break into small pieces, then pop a pan on, heat with a squirt of oil and gently fry for a few minutes until softened.

Leave to cool slightly then add to the bowl with both minces. Add the mixed herbs and salt and black pepper, mix well until combined, roll into a big ball, then split into smaller balls until you get 44 small balls.

Pop in the fridge.

In a large fry pan add a squirt of oil and add the onion peppers and celery, gently fry for a few minutes until soft, then add salt pepper and the garlic and fry for a few more minutes . Tear the basil and add to the pan, add the chopped tomatoes and fill the can half way up with water and add that too, bring to the boil and simmer for 15 mins until thick.

Once thick Using a stick blender or processed, blend to a smooth sauce.

Meanwhile take the meatball out the drive , squirt a little oil in a large pan , heat and gently fry the meat balls all over until cooked through.

Add the sauce to meat balls and combine and let sit on a very low light.

### **Super quick flat breads**

Mix the flour, baking powder and yoghurt with a spoon in a large bowl until you get a big doughy ball, tip out into a floured surface and then work into a smoother ball and roll into a long sausage, cut into 4 equal portions, add flour to your rolling pin and surface and roll out fast each side moving quickly until they are a good size (bigger than your hand) heat either a griddle pan or flat fry pan to get hot and cook each side for around a minute until it puffs up a little and crisps ever so slightly.

Serve the meatballs on the flat bread with cheese, I used 50% Less fat cheese 25g per person.

## **Nutrition**

- Carbs: 40g
- Fat: 12g
- Protein: 44g

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