

PORK, CARROT AND SAGE MEATBALLS

Adding grated vegetables to the mix is a great way to make these tasty meatballs go further.

Serves 4

Per serving: 263 calories, 4.4% fat

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

500g lean pork mince
1 red onion, finely chopped
1 garlic clove, crushed
2 carrots, grated
1 tbsp finely chopped fresh sage
2 tsp vegetable stock powder
1 x 400g tin chopped tomatoes
1 tsp runny honey
Frylight cooking spray, for frying
black pepper, to taste

METHOD

1. Place the pork in a mixing bowl. Add the onion, garlic, carrots, sage and stock powder, mix well then divide into 20 golf-ball sized balls.
2. Preheat a non-stick pan, add a spray of Frylight and fry the meatballs, browning them on all sides. Add the tomatoes and honey and season with black pepper. Simmer gently for 15 minutes to allow the meatballs to cook through and the sauce to reduce.
3. Serve with unlimited vegetables (excluding potatoes).

