

# Mike's Organic Beef & Pork Oven Roasted Meatballs

## INGREDIENTS

500g organic mince beef  
500g pork mince  
2 cloves crushed garlic  
2 Tbsp of Italian fresh crushed parsley  
1 slice of bread (crust off)  
½ cup of low fat milk  
2 Tbsp of grated mozzarella cheese  
Cracked pepper  
Salt  
Baking paper (oven tray)  
Olive oil spray  
Small bowl  
Large bowl



## METHOD

1. Preheat oven at 200 degrees
  2. Place the milk and bread into small bowl. Stand for 5 minutes.
  3. Place all mince meat into large bowl
  4. Mix mince meat thoroughly.
  5. Add salt, pepper, soaked bread in milk, grated cheese and parsley to meat.
  6. Mix again
  7. Place baking paper on oven tray
  8. Make round small/medium meatballs (to your taste)
  9. Place the meatballs on the tray and spray them with olive oil
  10. Cook for about 20 minutes or until the meatballs look golden brown. Toss them after 10 minutes
- You can combine the meatballs with mash potato & salad or steam vegetables & salad for a lower fat version of this recipe.
  - Serves 4