

Tricolore Meatball Kebabs

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Ingredients:

250g minced beef
250g minced pork
100g breadcrumbs (use fresh, if possible)
1 garlic clove, finely chopped
1 tsp chilli flakes
1 egg
40g Parmesan cheese, freshly grated
1 red pepper, chopped into segments
1 red onion, chopped into segments
1 courgette, halved length ways and then cut into segments
1 tbsp olive oil
8 wooden skewers
Salt and pepper

Method:

1. Preheat the oven to 180°C.
2. Prepare the vegetables by placing the chopped segments into a large dish or bowl, drizzle with olive oil, season with a little salt and pepper and mix well.
3. Set them aside for the moment.
4. Steep the skewers in cold water and set them aside.

5. Combine the minced meats, breadcrumbs, chopped garlic and chilli in a bowl.
6. Stir in the egg, Parmesan, some salt and pepper and mix well together.
7. Shape the meat into small balls, roughly walnut size, and lay them out on a tray.
8. Remove the skewers from the water and simply shake off the excess.
9. Now we can start to build up the skewers. Of course, be very careful if they have a sharp tip.
10. Alternate between vegetable(s) and meatball until you have 4 meatballs on the skewer. Then move onto the next one.
11. Lay each skewer out on a baking tray and place in the oven for 35 minutes.
12. Remove and serve with warm pitta or rice.

Tips:

1. For an awesome sauce, use some hot pasta sauce and drizzle it over the top of the meatballs.

Serves 4

Prep time: 20 minutes

Cook time: 35 minutes