Meatballs

Ingredients

1000gm Mince Beef

250gm Grated Onion

250gm Grated Carrot

200gm Breadcrumbs

50gm Shredded Cheese

5 Garlic cloves

2 Sprigs Rosemary (remove from stem)

3 Eggs

25gm Salt

10gm Pepper

* **Gather ingredients and read through recipe.**
* **Preheat oven to 200 degrees centigrade.**
* **Wash the Carrots then cut the base of them off, then set aside in a bowl.**
* **Peel the Onions and cut then into half, then set aside with the carrots.**
* **Setup the food processor with the twin blade attachment.**
* **Blitz the Garlic, Carrot, Onion & Rosemary then pour into a large bowl.**
* **Pack down the food processor and wash all of the parts.**
* **Add the Minced Beef, Cheese, Breadcrumbs, Salt, Pepper & Eggs into the bowl with the grated Vegies and mix together really well. (Squish the mixture between your fingers and mix it until it becomes like a meat dough)**
* **Scoop out about 80gm sized balls and roll into balls, then place them into a lined baking tray.**
* **Place the trays into the oven and bake at 200 degrees centigrade for 15mins. Check the internal temperature with the probe thermometer, 65-70 degrees is done. Bake for longer if required.**