

Turkey Meatballs

6 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 700 g Turkey (Ground, raw)
- 54 g Bread crumbs (dry, grated, plain)
- 1 large Egg (whole, raw, fresh)
- 3 clove Garlic (raw)
- 1/4 cup Cheese (parmesan, grated)
- 1 tbsp Spices (parsley, dried)
- 3/4 tsp Salt (table)
- 1/4 × 5 ml whole Spices (pepper, black)
- 2 tbsp Vegetable oil (olive)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and brush lightly with olive oil.
2. Mince the garlic. In a large bowl, combine the ground turkey, breadcrumbs, egg, garlic, Parmesan, parsley, salt, and pepper.
3. Mix gently until just combined. Divide and roll into about 24 meatballs (roughly 1.5-inch diameter).
4. Place on the prepared baking sheet, leaving space between each meatball.
5. Bake for 18–20 minutes until cooked through and lightly browned (internal temp 165°F / 74°C).
6. Serve with pasta and marinara sauce, in a sub, or over rice.