

*australian
bush spices*



www.australianbushspices.com.au
info@australianbushspices.com.au

Red Meat Blend

Red Meaty Bush Bites

500g lean beef or lamb mince
1 egg, lightly beaten
1 small onion, finely grated
2 tablespoons tomato salsa
3 tablespoons RED Australian Bush Spice
½ cup fresh breadcrumbs
2 tablespoons chopped fresh coriander

1. Put the mince, egg, onion, salsa, RED, breadcrumbs and coriander into a bowl, use clean hands and mix thoroughly to combine.
2. Shape heaped tablespoons of the mixture into meatballs, place onto a tray cover and refrigerate for 1 hour (this will help the meatballs keep together during cooking).
3. Heat the oil in a large fry pan; cook the meatballs in 2-3 batches until cooked through. Keep warm in a moderate oven (180c oven) whilst you cook the remaining meatballs.
4. Serve with your choice of dipping sauce.

Makes 24 balls

Note: This recipe can also be made into burgers, divide the mixture into 6 equal portions. These are great cooked on the barbecue or served in hamburgers.