

Turkey & Courgette Polpette

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	460 kj	5%
Energy (kcal)	109 kcal	5%
Fat	3.8 g	5%
of which saturates	1 g	5%
Carbohydrate	0.6 g	0%
of which sugars	0.5 g	1%
Fibre	0.5 g	2%
Protein	18 g	36%
Salt	0.26g	4%

Generated by Nutritics v5.61 on 16th Aug 2021

INGREDIENTS (Serves 6-8 portions):

500g minced turkey
2 medium **EGGS** (whisked)
1 large courgette, c.120g (grated),
1 large handful fresh mint (finely chopped)
salt & pepper
olive oil or coconut butter (for frying)

OPTIONAL: 1 carrot (grated), other fresh herbs; parsley, coriander,

METHOD & COOKING TIME: Up to 1 hour preparation.

1. Mix all of the ingredients together in a mixing bowl and leave to chill for 30 minutes in the fridge.
2. Using a teaspoon scoop one heaped spoonful into the palm of your hand and roll into a meatballs. Continue till all your balls are prepped.
3. Prepare a large fry pan with a light covering of olive oil or coconut butter and bring to a medium heat and then place the polpette one by one into the pan.
4. Cover with a lid for 1-2 minutes and then turn the polpette and cover again for 1-2 minutes. Cook until they turn golden, shaking the pan every so often so that they roll and cook on all sides. This may take c 10-15 mins depending on the size.
5. If oven baking, prepare a tray with parchment paper and bake your polpette at c180C for c.30 mins or until cooked all the way through (this will vary depending on size).
6. Serve with a mixed salad.



EGGS

MODIFY

Remove egg if allergic and bind the mixture with 2-3tbsp of **MILK** or plant-based alternative

CREDIT

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