

Less than 45 minutes

Serves 4

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Ingredients:

- 500g beef mince
- 1 cup (250ml) fresh breadcrumbs (made from ends of the baguette)
- 2 carrots, coarsely grated
- 2 tsp (10ml) ground coriander
- ½ tsp (3ml) cinnamon
- 1 Tbsp (15ml) dried thyme leaves (optional)
- 1 egg
- Salt and milled pepper
- 1 sachet (50g) tomato paste
- 2 cups (500ml) chicken stock

For serving:

- ½ block (40g) feta
- Handful chopped dill (optional)
- 1 crusty baguette, sliced

Method

1. Preheat oven to 200°C.
2. Mix meatball ingredients together and season well.
3. Roll meatballs into R5-sized balls and place in an ovenproof dish.
4. Mix tomato paste and stock together and pour around meatballs.
5. Bake meatballs, uncovered, for 15 minutes.
6. Turn meatballs over and bake for 15 minutes more or until cooked through.
7. Scatter with crumbled feta, garnish with dill and serve with baguette slices on the side.