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
- ¹/₂ 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.