

Moroccan Meatballs

½ tbsp coconut oil
1 large onion finely chopped
1 ½ cups celery finely diced
1 ½ cups carrots finely diced
1 lb ground turkey
1 ½ cups zucchini, grated
1 x 750g jar Italian pasta Sauce (organic, low sodium)
150g couscous
2 tbsp fresh basil, chopped



Directions:

Heat the coconut oil in a large frying pan. Add onion, celery and carrots and cook for 8-10 mins, stirring until the vegetables have softened. Remove from the heat and spread onto a baking sheet to cool briefly.

Meanwhile, preheat the oven to 400°F.

In a large bowl, mix the ground turkey with the grated Zucchini. Stir in the cooled vegetables and mix well.

Divide the mixture into 3 batches and roll each into 24 balls; making 72 in total. Place the turkey meatballs on 2-3 large baking sheets and cook in the oven for 25-30 mins until golden brown.

Place 150g of couscous in a bowl and pour over 175ml of boiling water.

Cover and set aside for 10 mins, then fluff with a fork.

Stir the meatballs into the heated sauce with the fresh basil and serve with the couscous."

Calories – 300 Per serving (Serving size is 1 ½ cups)

Protein 23g

Carbs 21g