



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TURKEY PARM MEATBALLS

Time: 60 minutes

Serves: 6

Ingredients:

1kg extra-lean ground turkey
170g Parmesan cheese - shredded
10g salt
5g garlic powder
3g dried oregano
3g dried basil
3g fresh ground black pepper

Preparation:

Preheat your oven to 160C.

Place all ingredients in a large bowl and use your hands to evenly combine.

Shape into six meatballs and place on a baking sheet.

Bake for forty-five minutes or until the internal temperature reaches 71C.

Nutritional Information Per Serving:

| | |
|---------------|--------------------------------|
| Calories: 367 | Hand-Size Portion Guide |
| Fat: 22g | Palms of Protein: 2 |
| Carbs: 1g | Fists of Vegetables: 0 |
| Fibre: 0g | Cupped Hands of Carbs: 0 |
| Protein: 42g | Thumbs of fat: 2 |