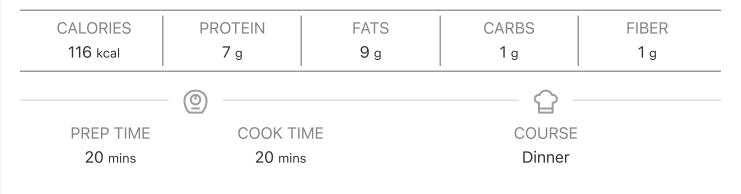
Avocado Stuffed Meatballs

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 \downarrow Servings: 12 meatballs

NUTRITION (per serving)



INGREDIENTS

- 450 g Ground Beef
- 2 Cloves Garlic Minced
- 1 Egg
- 1 Handful Parsley Fresh
- 1 Splash Tobasco Sauce
- 1 Pinch Salt To taste
- 1 Pinch Pepper To taste
- 0.5 Avocado Peeled and cut into 12 cubes

INSTRUCTIONS

- 1. In a large bowl combine ground beef, garlic, egg, parsley, Tabasco, salt and pepper.
- Knead with your hands until well combined.Scoop one heaping tablespoon of meat mixture and with dampened hands make the meatballs - placing one cube of avocado into the middle of the ball and delicately forming a smooth ball around the avocado.
- 3. Repeat to form about all meatballs.Heat one tablespoon of olive oil in a large skillet over medium heat.
- 4. Add meatballs and cook in batches, turning frequently, for about 6 minutes until golden brown.
- 5. Alternatively you can bake the meatballs in the oven.Preheat an oven to 350°F (175°C).

- 6. Line a baking sheet with aluminum foil and lightly grease with olive oil.
- 7. Bake for about 25 minutes, turning once, until golden brown.

