

Avocado Stuffed Meatballs



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↑↓ Servings: 12 meatballs

NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
116 kcal	7 g	9 g	1 g	1 g

		
PREP TIME	COOK TIME	COURSE
20 mins	20 mins	Dinner

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.
2. 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.



KEYWORDS

Dinner