



Cheesy Mini Meatballs

Servings: 1

Prep Time: 10min

Cook Time: 15min

Ingredients

- ½ small onion (30 ml)
- ½ small Granny Smith apple, peeled
- 50 ml grated cheddar cheese - optional
- 225 g chicken or lean beef mince
- 45 ml Bran Flakes, crushed
- 1 ml salt

Directions

1. Set oven at 200 °C
2. Grate the onion, apple and cheese into a mixing bowl.
3. Mix in the mince, bran flakes and salt using your hands.
4. Roll 10 marble-size balls.
5. Bake packed close together, in an ovenproof dish for 15 minutes.
6. Toss into your favourite flavour of cooked instant noodles and enjoy!