

Low Carb Mediterranean Meatballs

Servings: 4

Prep Time: 20min

Cook Time: 10min



Ingredients

- 500g beef mince
- 1 onion, grated
- 60ml mint, chopped
- 30ml olive or avocado oil
- tzatziki, to serve
- green salad, to serve

Directions

1. For the meatballs, combine the mince, onion and mint. Season and shape into golf ball-sized balls.
2. Heat oil on medium-high and fry for 2-3 minutes on each side.
3. Serve the meatballs with tzatziki and a green salad.