



# Venison Meatballs



## Meatball Ingredients

- 100g white bread crumbs
- 1 medium onion, very finely chopped
- 2 garlic cloves, finely chopped or 1.5 tsp garlic granules
- 500g Minced Venison
- 1 Egg
- 1 tsp Salt
- 0.5 tsp Pepper
- 0.5 tsp Nutmeg
- 1 tsp Oregano/Rosemary/Thyme (or any herbs you have)
- Fresh parsley (if you have it)
- 2 tbsp oil

## Sauce Ingredients

- 15g Butter or Margarine
- 1 garlic clove, finely chopped or 1.5 tsp garlic granules
- ¾ pint chicken/beef stock made with 1 stock cube
- 1 tbsp Tomato puree or Ketchup
- 1 tbsp Cornflour
- Bay leaf
- 1 tsp Dried thyme or a sprig of fresh thyme
- Splash of cream or milk

PREP TIME: 10 MINS

COOKING TIME: 20 MINUTES

SERVES: 4-6 PEOPLE

SUITABLE FOR HOME FREEZING

## How to make it

Put all the meatball ingredients in a bowl and squeeze the mixture until well combined.

Roll into golf ball sized meatballs and gently fry in the oil until brown, remove from the pan.

Add all the sauce ingredients to the pan aside from the cream or milk. Bring to the boil whilst whisking constantly.

Add the meatballs back in and simmer slowly until the meatballs are cooked through. Remove the bay leaf and add a splash of cream or milk at the end.

Serve with mashed potatoes, or chips, and peas (like Ikea!)

The meatball recipe can also be served:

- In a simple tomato sauce over pasta
- In a wrap with salad and minted yogurt and served with chips, Greek style