



Ingredients:

500 g turkey mince

1 small zucchini grated

¼ onion finely diced

3 garlic cloves finely diced

2 tbsp chopped flat leaf parsley

1 tsp onion flakes, salt & pepper to taste

1 tablespoon tomato paste

Preheat oven to 210 deg Celsius

Line a baking tray with baking paper

Use your hands to squeeze out excess moisture from the grated zucchini

Mix together the remaining ingredients in a bowl until well combined

Roll into small balls and place into tray

Bake for 20 mins or until cooked through. Enjoy!