Turkey, Courgette & Mint Polpette

Ingredients (Serves 4-8): 500g minced turkey, 1-2 eggs (1 large or 2 small), 1 large courgette (grated), 1 large handful fresh mint (finely chopped), salt & pepper, olive oil or coconut butter (for frying)

Optional: 1 carrot (grated), other fresh herbs; parsley, coriander, flour* (for rolling)

Preparation: 3 stages: <10 minutes to make mix, < 30 mins leave to chill in fridge, <10-20 mins rolling & pan frying / oven baking**

1. Mix all of the ingredients together in a mixing bowl and then leave to chill for 30 minutes in the fridge. If using grated carrot, add at this first stage.
2. Prepare a large fry pan with a light covering of olive oil or coconut butter and bring to a medium heat.
3. Take the polpette mix and using a teaspoon scoop a small meatball-sized amount into the palm of your hand and roll (You can choose the size you prefer).
4. Roll all the polpette first and then place into the pan so that they cook evenly.
5. Cover for 1-2 minutes and then turn the polpette and cover again for 1-2 minutes to ensure they are cooked through. Leave to turn golden for the last couple of minutes, shaking the pan every so often so that they roll and cook on all sides.

Preparation Guide:

*You can use flour for rolling which also provides an additional crust to the polpette if desired

** For oven baking, place the polpette in an oven proof dish prepared with oil / coconut butter and bake at 180C for 25-45 minutes depending on the size of the polpette. The best way to check if they are cooked through is wait till they are nicely golden on the outside and then cut one open. You may also need to turn them half way through cooking to colour them on each side.

Serving suggestions & Accompaniments:

1. Mixed garden salad: mixed leaves, tomato, grated carrot, cucumber, celery, radish
2. Steamed greens: broccoli, spinach, kale, bok choi, cabbage
3. Roasted root vegetables: Beets, sweet potato, pumpkin, parsnip, turnip
4. Yoghurt & mint sauce (see recipe)
5. Beetroot Puree (see recipe)