



## ALMOND CORIANDER MEATBALLS

Serves: 4

### INGREDIENTS

450g ground organic beef  
1 large egg, beaten  
2 tbsps. Almond flour  
Sea salt/pink Himalayan salt to taste  
Pepper to taste (if tolerated)  
1 tsp garlic powder  
¼ cup chopped coriander  
½ tbsps. coconut oil  
1/3 cup bone broth

### INSTRUCTIONS

- 1) In a large bowl, mix the first 7 ingredients (beef through to coriander). Form meat mixture into meatballs.
- 2) In a large skillet over medium heat, heat coconut oil. To the oil, add meatballs and cook on each side for 2 minutes, until brown
- 3) Pour the broth over the meatballs and reduce heat to low. Simmer for 15 minutes, until meatballs are no longer pink in the centre. Serve over warm veggies of your choice.