



# Venison meatballs



*Reconnecting People With Food From Nature*



# Venison Meatballs

*A Scottish take on 'Albondigas', a Spanish favourite*

## INGREDIENTS

- 250g minced venison
- 2 tablespoons wholemeal bread-crumbs
- 1 desert spoon grated parmesan cheese
- 2 teaspoons fresh thyme finely chopped\*
- 1 tablespoon rapeseed oil small onion finely chopped half stick celery finely chopped
- 1 clove garlic crushed
- 1 x 400g tin tomatoes
- half small carrot finely grated
- water – quarter of the tomato tin
- fresh black pepper

## METHOD

### Meatballs

- put all of the prepared ingredients into a mixing bowl and mix everything together – hands work well.
- make about 20 small meatballs, put the meatballs onto a plate, cover with cling film and refrigerate until use

### Tomato Sauce

- Heat the oil in a pan and add

the onion and celery. Cook until they soften, then add the garlic, tomatoes, carrot and water. Bring to the boil, then reduce to simmer.

- Add the meatballs, but don't stir as they might break up. Simmer over a low heat until the meatballs are cooked.
- Serve with pasta or rice or as Tapas.

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