



[www.thekidscookeryschool.co.uk](http://www.thekidscookeryschool.co.uk)

[info@thekidscookeryschool.co.uk](mailto:info@thekidscookeryschool.co.uk)

## Spooky Spicy Meatballs

Serves 4-6 (this recipe is suitable for all ages with adult supervision)

### EQUIPMENT

Large mixing bowl  
Chopping board  
Sharp knife  
Teaspoon  
Oven proof tray  
Fork  
Wooden spoon  
Frying pan

### INGREDIENTS

250g minced chicken/turkey/lamb/beef/Quorn  
1 small onion, chopped  
1 garlic cloves, crushed or chopped  
1 tsp mild/medium curry powder  
1 tsp ground cumin  
1 tsp garam masala  
½ tsp paprika or cayenne pepper  
1dsp fresh coriander, chopped  
1 egg, beaten  
25g fresh breadcrumbs  
1 tbsp oil

### Method

Assemble all the ingredients and equipment you will need to make the **spicy meatballs**. Check the child understands and knows about all the equipment and ingredients you will be using. Make sure the child washes his/her hands and wears an apron.

1. Preheat the oven to 180°C/ gas mark 5
2. Put the mince into the mixing bowl. Add the onions, garlic, curry powder, cumin, garam masala, paprika, coriander and mix well. By adding these spices, we get a delicious flavour without having to add any salt
3. Add the beaten egg and breadcrumbs and mix again.
4. Divide the meat/Quorn mixture into 15-18 even sized pieces and shape into balls (about the size of a walnut). **Always wash your hands thoroughly after handling raw meat so you don't transfer any germs that may be on the meat to other food or equipment.**
5. Heat the oil in the frying pan over a medium heat and using a spoon add the meatballs. Cook them for 2-3 minutes on each side until golden brown. Remove them from the pan and place them on to the tray. Bake in the preheated oven for 10-12 minutes.
6. Remove from the oven. Remember to use oven gloves! Allow to cool slightly and serve with a fresh, crisp green salad and tomato salsa sauce.

*Another option for this recipe is:*

1. Fry 2 sliced cloves of garlic in a little olive oil and add a 400ml tin of chopped tomatoes. Bring to the boil and put it into an ovenproof dish. Add the meatballs and cover them with sauce and bake in the oven for 40 minutes-1 hour.