

Kangaroo Meatballs and Veggie Mash

*You can cut down prep time by buying already made meatballs (good quality ones from a butcher).

Serves 4

- 400g kangaroo mince
- 1 handful parsley, finely chopped
- 1 handful basil, finely chopped
- 1 tablespoon dried oregano
- 1 slice bread, blitzed into crumbs
- 1 egg
- 1 cup cauliflower, roughly chopped
- 1 cup pumpkin, roughly chopped
- 1 cup sweet potato, roughly chopped
- 1 cup broccoli, roughly chopped
- 1 tablespoon of butter
- 1 onion, diced
- 2 cloves garlic
- 2 x cans diced tomatoes
- ½ cup bone broth or stock
- 2 tablespoons tomato paste



Heat a large fry pan to medium heat and cook the onion and garlic for 2-3 minutes. Add the canned tomatoes, broth and tomato paste. Stir well and leave to simmer while you prepare the mash and meatballs.

If making the meatballs, combine the mince, parsley, basil, oregano, bread crumbs and egg with a good pinch of salt and pepper. Roll into small meatballs. Heat another large frypan to medium heat and cook meat balls on all sides until browned, then put in with the sauce on low for 10 minutes.

Meanwhile steam all of the veggies until very tender. Add to a food processor with the butter, and some salt and pepper. Blitz the veggies but keep some chunks in there for texture. Divide the mash between 4 bowls, top with the meatballs, the sauce and extra basil and parsley.