**Thai inspired meatballs with spinach & cauliflower noodles**

*\_4 people\_*

*Yum yum yum is all I can say!!*

**Ingredients:**

2 T olive oil

500g mince

1 T salt

1 onion cut into small wedges

1 yellow/red pepper cut into small blocks

2 cups of broccoli

1 x Stir fry sauce: Thai coconut from woolworths (delicious)

1 pack Spinach & cauliflower noodles from Woolworths

1 handful almonds

Chili flakes

**Method:**

1. Combine the meat and salt, that’s it, no breadcrumbs, eggs or other ingredients – believe it or not! Use your hands and shape into little balls. Add 2 tablespoons of olive oil to a hot pan. Brown the meatballs all over, just be careful not to break them up – as the saying goes, be gentle 😊 Cook the meatballs for 10 minutes. Remove from pan. Add the onion, pepper and broccoli to the same pan (do NOT get rid of the yummy juices from the meatballs because this will add lots of extra flavour to the veggies! Stir-fry on a medium heat for 10 minutes – be careful not to overcook your veggies. Add the stir fry sauce to give that Thai flavour to the dish!
2. Pop the spinach and cauliflower noodles in the microwave for 1 minute – as easy as that!
3. Season with salt, and finish with almonds for a crunchy bite and a bit of chili if you dare.