

Low-Carb Bonfire Meatballs

Hands-on 35 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 13.2 g, Fiber: 4.7 g, **Net carbs: 8.5 g**,

Protein: 19.6 g, Fat: 30.2 g, Calories: 398 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Meatballs (24 meatballs):

- 2 tbsp extra virgin olive oil or ghee (30 ml)
- 1 medium brown onion (100 g/ 3.5 oz)
- 1 garlic clove
- 250 g ground pork (8.8 oz)
- 250 g ground beef (8.8 oz)
- 1 tsp paprika
- 1 tbsp freshly chopped oregano
- 1 tbsp freshly chopped thyme
- 1/2 medium zucchini, grated (100 g/ 3.5 oz)
- 1 tsp fresh lemon zest
- 1 small hot chile pepper, or to taste (7 g/ 0.3 oz)
- 1/4 cup sun-dried tomatoes in olive oil, chopped (28 g/ 1 oz)
- 1/8 tsp sea salt
- 1/4 tsp cracked black pepper

Sauce:

- 1 tbsp extra virgin olive oil (15 ml)
- 1/2 small red onion (30 g/ 1.1 oz)
- 2 garlic cloves
- 1 tin chopped tomatoes (400 g/ 14.1 oz)
- 1 1/4 cups chicken stock (300 ml/ 10.1 fl oz)
- 1/2 small hot chile pepper (3 g/ 0.1 oz)
- 1 tbsp tomato paste (15 g/ 0.5 oz)
- 1 tbsp coconut aminos (15 ml)
- 1 cinnamon stick or 1/3 tsp ground cinnamon
- 1 tbsp balsamic vinegar (15 ml)
- pinch of salt, pink Himalayan or sea salt

Cauliflower Rice:

- florets from 1 small cauliflower (500 g/ 1.1 lb)
- 1 tbsp ghee or virgin coconut oil (15 g/ 0.5 oz)
- pinch of salt, pink Himalayan or sea salt

To serve:

- 2 tbsp flaked almonds (12 g/ 0.4 oz)
- 2 heaped tbsp yoghurt, sour cream, or coconut yogurt for dairy-free (60 / 2.1 oz)
- 3 sprigs chopped fresh coriander
- pinch cracked black pepper

Instructions

- Make the meatballs.** Peel and chop the onion and garlic. Grate the garlic and squeeze out the excess water from the zucchini, either using a muslin cloth or option to simply use your hands.
- Heat 1 tablespoon of olive oil in a saucepan. Add the brown onion and sauté on a medium/ low heat for 2 minutes until soft. Add the garlic and fry for 1 further minute. Turn off the heat.
- Remove the stalk and seeds from the chilli, finely chop.
- Add the pork, beef, grated courgette, onion and garlic mix, paprika, chopped oregano and thyme leaves, lemon zest (leave a pinch to sprinkle on top at the end), chilli, chopped sun dried tomatoes and a good pinch of salt and pepper to a mixing bowl.
- Mix well and shape into meatballs about 3 cm in diameter to make about 26 meatballs (4 meatballs per serving).
- Make the sauce.** Peel and chop the red onion and garlic. Remove the stalk and seeds from the pepper and chop into small chunks.
- Add 1 tablespoon of olive oil to a pan. Sauté the onion and

peppers on a medium-low heat for 1 minute then add the garlic for 1 further minute. Add the tinned chopped tomatoes, tomato paste, coconut aminos, cinnamon stick, balsamic, a pinch of salt and pepper and the chopped chilli. Start with 1 and add more if you prefer it really spicy. Simmer on a medium-low heat for about 30 minutes until it's a nice thick concentrated sauce.

8. Heat a tablespoon of olive oil in a frying pan. Add the meatballs and fry for about 10 minutes, turning regularly, until brown and cooked through. Alternatively, you can bake in the oven at 180 °C/ 355 °F, fan assisted, for about 25 minutes, turning half way through cooking.
9. **Make the cauliflower rice.** Remove the stalk and leaves from the cauliflower. Blitz the cauliflower florets in a high speed food processor until it resembles a rice consistency.
10. Heat the ghee or coconut oil in pan. Fry the cauliflower rice with a pinch of salt on a medium heat for 3 minutes until it softens and starts to crisp.
11. Placed the ground almonds on a baking tray and toast in the oven for 4 minutes until golden. Remove from the oven and allow to cool.
12. To serve, plate the cauliflower rice and top with the Bonfire Meatballs, yogurt or sour cream and a sprinkling of fresh coriander, toasted almond flakes, cracked black pepper and lemon zest. Eat immediately or let it cool down and store in the fridge for up to 4 days.

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