THE Body Nurse

REAL FOOD | REAL PROGRESS | FOR REAL LIFE

Garlicky, Cheesy Keto Beef Meatballs

JUICY | FLAVOURFUL | EASY
LOW CARB | NO PASTA



INGREDIENTS

- **500 g beef mince** (80/20 fat content is best)
- **1 large egg**
- **¾ cup finely grated cheese** (Parmesan or Cheddar)
- **1 tbsp regular tomato sauce** (ketchup)
- **4 cloves garlic,** finely minced
- **1 tsp dried Italian herbs**
- **½ – 1 tsp salt** (start with ½ tsp as the cheese is already salty)
- **½ tsp black pepper**
- **1 tbsp butter or oil**

METHOD

1 MIX THE INGREDIENTS

In a large bowl, whisk the egg, tomato sauce, minced garlic, Italian herbs, salt and pepper. Stir in the grated cheese. Add the beef mince and mix gently with your hands just until combined.



2 SHAPE THE MEATBALLS

Roll the mixture into 12–15 meatballs, all roughly the same size.



3 COOK THE MEATBALLS

Melt the butter or oil in a large skillet over medium-high heat. Add the meatballs and let them sear (without moving them) for 3 minutes to build a golden crust. Gently roll them over, then reduce the heat to medium and cook for another 6–8 minutes, turning occasionally, until cooked through. The internal temperature should reach 75°C.



SERVING SUGGESTIONS



On their own
Enjoy the meatballs just as they are – juicy, cheesy and full of flavour.



With steamed vegetables
Serve with your favourite low-carb veggies such as broccoli, cauliflower or green beans.



With warm tomato sauce
Simply heat some regular tomato sauce in a separate pan or bowl and spoon over the cooked meatballs.

TIPS FOR SUCCESS

- Use beef mince with 80/20 fat for the best flavour and juiciness.
- Mix gently and avoid overworking the meat.
- The cheese and egg help bind the meatballs together.
- Cook until the internal temperature reaches 75°C.
- Adjust garlic, salt and tomato sauce to your taste.
- Great for meal prep – store in an airtight container in the fridge for up to 4 days or freeze for longer.
- If the mixture feels too soft and you need to firm it, **put it in the freezer for 20 to 30 minutes** before shaping.