

## Meatball, beetroot and chickpea traybake - Serves 2



### Ingredients

- lean beef or turkey mince (5% fat) 250g
- horseradish sauce 2 tbsp
- garlic 2 cloves, crushed
- red onion 1 small, sliced
- olive oil 1 tbsp
- cooked beetroots 250g, drained and cut into wedges
- chickpeas 400g tin, drained and rinsed
- mint a handful of leaves, chopped
- fat-free natural yogurt 4 tbsp
- toasted pittas to serve

### Method

- **STEP 1** - Heat the oven to 220C/fan 200C/gas 7. Combine the mince, half the horseradish sauce and most of the garlic in a bowl using clean hands. Roll into eight meatballs and transfer to a medium baking tray with the onions. Drizzle over the olive oil and roast for 10 minutes.
- **STEP 2** - Add the beetroots and chickpeas to the tray, season and toss together. Roast for another 10-15 minutes, or until the meatballs are cooked through and the chickpeas are just crisp. Mix most of the mint with the yogurt, the rest of the horseradish sauce and the remaining garlic, then season. Loosen with a little water if the mixture seems too thick. Spoon the yogurt sauce over the traybake, then scatter with the remaining mint and serve with the toasted pittas for dunking.



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