

# Turkey Meatballs With Parmesan Polenta



**Serves 2    Prep 5 mins**

**Cooking 15 mins**

**Easy**

## **Ingredients**

8 meatballs, (you can use turkey, beef, lamb) or 300g mince  
100g quick cook polenta  
30g parmesan, grated  
1 knob butter  
12 cherry tomatoes  
1 large handful spinach  
Gravy (optional)

1. If you bought mince, make up 10-12 small mince balls by mixing the meat with 1 tsp oregano, salt, pepper & if the meat is very wet, add a handful of breadcrumbs.
2. Place the meatballs on a baking tray under a medium grill for 10 mins.
3. Bring 400ml water to the boil in a saucepan. Pour in the polenta, stirring until it comes back to the boil. Simmer for 2-3 mins until soft. Season, stir in the parmesan & butter & set aside.
4. When 10 mins is up, add the tomatoes to the tray & grill for 5 mins until they blister and the meatballs are cooked. While the tomatoes are cooking, keep the meatballs moist by putting them in some gravy. Serve meatballs & gravy with the spinach, polenta & tomatoes.
5. Remove and add the spinach to the hot tray, stirring to wilt.
6. You can serve it straight away or box it up for later. Reheat in the microwave, adding a little water to the polenta if needed. To improve on the moisture of the meat reheat the meatballs separately in some gravy.