

# Meatball Bacon Bombs

Serves 6



## Ingredients

### Meatball Mix

300g lamb, beef or pork mince, or a mix of your choice

1 egg, lightly beaten

1/2 cup bread crumbs, use gluten free as required

1 tsp Mrs Rogers dried parsley

1 tsp Mrs Rogers dried thyme

1 tsp Mrs Rogers dried rosemary

3 tbsp Mrs Rogers grated carrot

1 tsp Mrs Rogers dried basil

Sea salt and freshly ground black pepper to taste

100g (4oz) taste cheese, grated finely (optional, leave out for DF)

2 -3 tbsp olive oil

### Onion cups

12 slices streaky bacon

3 medium to large brown onions sliced in  $\frac{1}{2}$  and ends topped so they sit flat

Bbq sauce of choice (sweet and sour is also good)

## Method

Preheat oven to 180C.

Hollow out each of the onion halves so there is about 10mm all around making it into a cup.

In a large bowl, combine all ingredients except the bacon and the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all distributed evenly.

Lightly oil the palms of your hands, and shape the mixture into one large ball. Turn out onto a chopping board and cut the ball into 6 even sized balls and place in each of the onion cups..

Wrap 1-2 slices of the bacon around each cup and pin with a tooth pick is required.

Baste with bbq sauce and bake for 30-40 minutes or cook until done basting again after 15-20 minutes.

Serve with choice of seasonal fresh vegetables.