

Meatball and Root Vegetable Salad

Serves: 6

Prep time: 25 minutes

Cook time: 45 minutes



1 1/2 serves per portion

Ingredients

500g lean beef mince

1 egg

1/2 cup breadcrumbs

1 teaspoon garlic powder

1/2 teaspoon paprika

Salt and pepper, to taste

1 large parsnip, cubed

1 medium sweet potato, cubed

2 tablespoons olive oil

1/2 cup light coconut cream

2 tablespoons water

1 punnet cherry tomatoes, halved

2 corn on the cob, cut into 6 pieces

4 spring onions, thinly sliced

1 cup shredded green cabbage or wombok

Method

PREHEAT oven to 180°C.

ADD mince, egg, breadcrumbs, garlic powder, paprika, salt and pepper to a large bowl and mix well.

FORM beef mixture into small balls, roughly golf ball sized.

ARRANGE meatballs in a large baking dish with the parsnip and sweet potato.

DRIZZLE olive oil on top until meatballs and vegetables are coated.

BAKE in oven for 30 minutes, turning halfway through.

MIX coconut cream and water in a bowl until smooth.

REMOVE baking dish from oven and add in coconut cream, tomatoes, and corn.

BAKE for a further 15 minutes then remove from oven and arrange on a platter.

TOP with spring onions and cabbage and serve.

Recipe courtesy of the Country Kitchens 2026 Country of Study Collection - Samoa



Everyday Food



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