



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# MEAT MUFFINS

**Time: 50 minutes**

**Serves: 4**

### Ingredients:

75g kale – roughly chopped  
75g celery – roughly chopped  
75g carrot - roughly chopped  
75g onion – roughly chopped  
10g parsley leaves  
10g extra-virgin olive oil  
450g ground turkey breast  
1 large egg  
5g kosher salt  
0.5g fresh ground black pepper

### Preparation:

Preheat oven to 190C (375F).

Pulse kale, celery, carrot, onion and parsley in a food processor and pulse until finely chopped.

Place a frying pan on medium heat. Add the olive oil. When the oil is hot, add the vegetable mixture. Sauté for five minutes. Remove from heat and let cool.

In a bowl, use your hands to combine the turkey, egg, salt, pepper and vegetable mixture.

Divide into eight and place into oiled muffin tins.

Bake for 25 minutes. Remove from oven and serve warm.

### Nutritional Information Per Serving:

Calories: 218  
Fat: 5g  
Carbs: 6g  
Fibre: 1g  
Protein: 36g