TURKEY MEATBALLS WITH BULGUR WHEAT AND BROAD BEANS
by Alison Crouch

Ingredients

For the meatballs:

- 1 slice white bread, crusts removed
- 1 tbsp milk
- 250g turkey mince
- 1 egg
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh sage, finely chopped
- 2 tbsp oil
- Salt and pepper

For the sauce:

- 1 onion, diced
- 1 clove garlic, crushed
- 300ml chicken stock
- 50g bulgur wheat
- 100g broad beans, drained
- 50g peas

- 1 handful mint
- 1 handful parsley
- Salt and pepper

For the sauce:
- 1 tbsp oil
- 1 tbsp butter
- 6 baby carrots, par-boiled
- 2 sprigs sprouting broccoli
- 1 clove garlic
- Thyme
- 1 tbsp pine nuts (opt)
- Salt and pepper

1 slice sourdough, toasted for serving

Method

1. Soak the bread in the milk for 10 minutes until soft. In a bowl, mix the turkey, bread and milk, egg, parsley, sage and seasoning. Mix well then form into balls.

2. Heat the oil in a frying pan and add the meatballs, turning, until browned all over (mostly) for 10 minutes.

3. Remove from the pan and put to one side. In the pan, fry the onion and garlic. Add the stock and bulgur wheat. Add the meatballs back into the pan and simmer for 15 minutes, stirring the meatballs to turn them over every few minutes.

4. Add the broad beans and peas, simmer for 5 minutes then stir in the herbs. Season to taste.

5. Simmer for 5 minutes, add a little water if it becomes too dry.

6. Place the oil and butter in a pan. Add the vegetables and garlic. Slowly pan fry, turning frequently until softening. Stir in the thyme and pine nuts. Season and continue to fry until soft and starting to brown.

7. Place the toasted sourdough on a plate. Spoon on the turkey meatballs and top with the vegetables and pinenuts. Finish with some fresh thyme.

OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.

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