7 BAKED TURKEY MEATBALLS you can freeze
Thai Curry Baked Turkey Meatballs

**Ingredients** *(makes 18-20 meatballs)*

- 1 tablespoon Thai red curry paste
- ½ teaspoons brown sugar
- 1 teaspoon fish sauce
- 1 egg
- 450g/1 lb lean ground turkey
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- ½ cup breadcrumbs

**Special notes:**
Recommend stirring together the curry paste, brown sugar, fish sauce and egg before adding other ingredients.

Serve with lime wedges.

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Italian Baked Turkey Meatballs

**Ingredients** *(makes 18-20 meatballs)*

- 450g/1 lb lean ground turkey
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 egg
- ½ cup breadcrumbs
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ cup shredded parmesan cheese

**Special notes:**
(Optional) Bake in marinara (add an extra 5 minutes cook time), and sprinkle with fresh parmesan before serving.

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Greek Baked Turkey Meatballs

**Ingredients** *(makes 18-20 meatballs)*

- 450g/1 lb lean ground turkey
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 egg
- ½ cup breadcrumbs
- 1 teaspoon dried oregano
- ½ cup feta cheese
- 1 teaspoon dried basil

**Special notes:**
(Optional) Serve with a dollop of tzatziki.

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Lemongrass Ginger Baked Turkey Meatballs

**Ingredients**

- 1 stalk lemongrass, outer leaves removed, cut into small chunks
- 1 shallot, cut into chunks
- 1 inch piece of ginger, sliced
- 1 tablespoon olive oil
- 450g/1 lb lean ground turkey
- 2 teaspoons soy sauce
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 egg
- ½ cup bread crumbs

**Special instructions:**
Place the lemongrass, shallot, ginger and oil in a small food processor and puree until smooth.
Cook in a frying pan for 5-8 minutes, until lightly golden and cooked through.
Cool, then transfer to a bowl and mix with other ingredients before rolling & baking.

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Maple Chipotle Baked Turkey Meatballs

**Ingredients** *(makes 18-20 meatballs)*

- 450g/1 lb lean ground turkey
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 egg
- ½ cup breadcrumbs
- 1 tablespoon maple syrup
- 2 tablespoons adobo sauce

**optional:** ½ chipotle pepper for extra spice

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Hoisin Ginger Baked Turkey Meatballs

**Ingredients** *(makes 18-20 meatballs)*

- 450g/1 lb lean ground turkey
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 egg
- ½ cup breadcrumbs
- 2 tablespoons hoisin sauce
- 2 teaspoons soy sauce
- 2 tbsp fresh ginger, grated

**Special notes:**
Garnish with green onion