

Pork and mint meatballs

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Pork and mint meatballs

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Treat guests to these delicious pork and mint meatballs from My Kitchen Rules stars Helena & Vikki.

Ingredients (makes 18)

- 500 g [pork](#) mince
- ½ red onion, finely chopped
- ½ bunch mint, finely chopped
- 1 tbsp salt
- 1 tbsp cracked pepper
- 1 egg, lightly beaten
- 2 tbsp plain flour, plus extra, for coating
- ¼ cup extra-virgin olive oil

METHOD

In a mixing bowl, combine the pork mince, onion, mint, salt, pepper, egg and the two tablespoons of flour. Mix well.

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Sprinkle the extra flour on a plate. Roll about a tablespoon of mixture in your hands to make a ball, then coat in the flour. Repeat until you have used all the mixture.

Heat a frying pan over medium heat, add the olive oil and fry the meatballs, turning occasionally, for 10 minutes, or until golden brown all over.

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