



MEALS

APPLE MAPLE MEATBALLS

Sweet and savory never tasted so good together. With a sweet and easy glaze, you'll want these apple meatballs to accompany every meal!

SERVINGS:

4

INGREDIENTS:

Meatballs:

☐ 1 Washington Apple (Gala), grated (reserve the juices)

☐ 450 g Minced Beef

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☐ 1 tsp Salt

Apple Maple Glaze

☐ 1 cup Apple Juice

☐ 2 Tbsp Butter

☐ 3 Tbsp Maple Syrup

INSTRUCTIONS:

1. In a medium bowl, combine beef, apple, onion, garlic, spices and salt. Mix until well combined. Shape the mixture into 1-tablespoon balls. Freeze for 2 hours.
2. Preheat oven to 350°F.
3. Fry meatballs in a pan over medium heat until brown. Transfer to a tray and cook inside oven for 7 minutes.
4. To prepare the Apple Maple Glaze, stir apple juice and maple syrup in a pan over medium heat until the liquid is reduced to a third of its original quantity. Once reduced, stir in butter and mix well. Remove from heat.
5. Toss the meatballs in prepared glaze. Serve warm.

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