

Kangaroo Meatballs with Mountain Pepper, Saltbush & Lemon Myrtle



A great Australian burger with Kangaroo and bushfood spices mountain pepper, saltbush and lemon myrtle. They're full of flavour and just delicious. Perfect for your next family BBQ. Jazz them up by using our bushfood bread rolls, bush tzatziki and a bush tomato relish. Enjoy!

INGREDIENTS

- 500gm Kangaroo mince meat
- 250gm Pork mince meat
- 1 Small onion diced
- 1 TSP Salt
- ¼ cup Bread crumbs
- 1 Egg
- 1 TBSP Paprika
- 1 TSP Coriander
- 1 TSP Mountain Pepper
- 1 TSP Saltbush
- 1 TSP Lemon Myrtle
- Oil for frying

METHOD

- Preheat oven to 175 degrees.
- In a silver bowl using your hands, massage the kangaroo and pork meat together, making sure they are well combined.
- Add all other ingredients and massage well to combine.
- Portion meat into small balls and roll so that they are nice and round. You should be able to make about 30, not too big as they will take too long to cook.
- In a hot pan add a little oil and place all the balls in, let them sear a little and then carefully flip them so that all sides are seared.
- Turn the heat down and put a lid on and allow them to cook for about 15 mins. Check to make sure they are cooked through.
- Serve on a bed of lettuce or other nice greens.

Bush Rolls

Ingredients:

- 250g Greek yoghurt
- 250g S/R Flour
- Pinch of salt
- Combo of native or European spices such as saltbush, lemon myrtle, mountain pepper, or parsley, rosemary and sage – 2 TSP in total

Method:

- Preheat oven to 180 Celsius
- Mix the yoghurt and flour in a bowl and combine with either your hands or a spoon until it forms a dough.
- Turn out onto the bench and knead until it is supple and bouncy. Mix in a small amount (do not exceed 2 TSP in total) of your chosen herbs and spices and knead until it is evenly distributed.
- Shape into your preferred style, rolls, knot rolls, small loaves or plaits – the possibilities are endless – and then cook in the oven for 20 – 25 mins.
- Bread is cooked if it sounds hollow on the bottom when you tap it.