



## Zoodles with Meatballs

### Ingredients

- 1 zucchini, spiralized with SpiraleZ
- 62.5ml tomato sauce
- 125g pork (minced)
- 1/4 onions (diced)
- 1/4 teaspoons garlic (diced)
- 1/4 teaspoons paprika
- 1/4 teaspoon green onion (chopped)
- salt
- pepper

### Nutrition

| Calories 260              |                  |                |
|---------------------------|------------------|----------------|
| Calories from Fat 60      |                  |                |
|                           |                  | % DAILY VALUE* |
| <b>Total Fat</b>          | 7g               | 11%            |
|                           | Saturated Fat 2g | 10%            |
|                           | Trans Fat        |                |
| <b>Cholesterol</b>        | 90mg             | 30%            |
| <b>Sodium</b>             | 560mg            | 23%            |
| <b>Potassium</b>          | 1020mg           | 29%            |
| <b>Protein</b>            | 31g              | 61%            |
| <b>Total Carbohydrate</b> | 17g              | 6%             |
|                           | Dietary Fiber 5g | 20%            |
|                           | Sugars 10g       | 20%            |

\* Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

### Step

1. Make the meatballs – mix together the minced pork, onion, garlic, paprika and green onion, then form nice balls with them. Cook the meatballs for 15 minutes in the fryer until they are cooked through.
2. Spiralized the zucchini with SpiraleZ and spray some salt and pepper on it. Cool them down for a while and drain it. Then place it in the bottom of bowls.
3. Place a portion of heated tomato sauce on top followed by the cooked meatballs.
4. Ready to serve.