



# IFS Growth

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BREATHING INVESTMENTS



VENISON & BEETROOT MEATBALLS >



# Venison & beetroot meatballs

Prep time 20 mins  
Cook time 20 mins  
Serves 4 if entrée/10 if pass-around  
Skill level Medium

## INGREDIENTS

500 g venison, minced  
1 medium onion, finely diced  
½ red pepper, finely diced  
150 g mushrooms, finely diced  
2 tsp soy sauce  
1 egg  
½ cup Panko breadcrumbs  
½ cup grated cooked beetroot  
1 cup beef stock  
2 Tbsp cooking oil  
Salt and pepper to taste

## METHOD

Preheat oven to 180°C.

Gently fry onion, red pepper and mushroom in a little oil. Once softened, allow to cool and drain on a paper towel. Mix this into the minced venison along with the grated beetroot.

Add soy sauce, egg and breadcrumbs and season well with salt and pepper.

Roll mix into small meatballs. If you have time, chill these for an hour or so on baking paper in the fridge, to help the mix come together.

Heat 2 Tbsp of oil in a heavy-based pan. Dust meatballs with a little cornflour and cook in batches on a moderate heat. Keep the balls turning to colour evenly and seal the outsides.

Place meatballs in a baking dish and pop into oven for 10 minutes to finish the cooking.

Tip excess oil from frying pan and put pan back on the heat. Stir in beef stock.

Season well and allow to bubble away to reduce and thicken before pouring over the venison balls.

Bake in the preheated oven for 15 minutes, or until puffed and golden. Serve with more of your favourite chutney.

\* These can be reheated or served cool.

