



## Bison Meatballs & Cauliflower Mash

2 servings

40 minutes

### Ingredients

- 454 grams Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	476
Fat	24g
Carbs	17g
Fiber	6g
Sugar	6g
Protein	52g
Cholesterol	125mg
Sodium	1432mg
Vitamin A	641IU
Vitamin C	155mg
Calcium	112mg
Iron	8mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
- 3 Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
- 4 In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
- 5 Serve the cauliflower mash along with the bison meatballs. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Freeze the meatballs for up to three months.

**Serving Size:** One serving is roughly 5 to 6 meatballs and 1 cup of cauliflower mash.

**Additional Toppings:** Garnish with minced chives, parsley or dill.

**No Bison:** Use another meat such as ground beef, lamb or chicken.