

# Goulash-Style Air Fryer Low-Fat Meatballs

## Makes

20 meatballs (4–5 servings)

## Ingredients

### Goulash-Style Meatballs

- 1 lb. (450 g) **93% lean ground turkey or beef**
- ½ cup breadcrumbs
- ⅓ cup low-fat milk (or unsweetened almond milk)
- 1 small onion, **finely grated with juices**
- 1 egg white
- 2 cloves garlic, minced
- **1½ tbsp sweet paprika** (*key flavor*)
- **1 tsp smoked paprika**
- ½ **tsp caraway seeds, finely crushed** (*optional but traditional*)
- ¾ tsp salt
- ½ tsp black pepper
- 2 tbsp chopped parsley (optional)

## Instructions

### 1) Make the mixture

Mix breadcrumbs + milk and let soak 2–3 minutes.

Add:

- grated onion
- egg white
- garlic
- paprika(s)
- crushed caraway
- salt & pepper
- parsley

Stir gently.

Add ground meat and mix **just until combined**.

Roll into **20 meatballs**.

## **2) Air fry**

Preheat air fryer to **375°F (190°C)**.

Lightly spray basket.

Air fry meatballs in a single layer for **9–11 minutes**, shaking once, until:

- lightly browned
- internal temp reaches **165°F (74°C)**