

Makes 12

## Ingredients

- 500g lean chicken mince
- 2 teaspoons garlic and herb seasoning, no added salt
- 1 teaspoon smoked paprika
- 1 finely chopped onion
- 1 cup wholemeal breadcrumbs
- Olive oil spray - if required



## Method

1. Combine the chicken mince, seasoning, paprika, onion and half the wholemeal breadcrumbs in a large bowl.
2. Roll 2 teaspoonfuls of the mixture into balls.
3. Place the remaining breadcrumbs on a plate. Add the meatballs and roll to coat.
4. Lightly spray a large fry pan with olive oil, or use a non-stick fry pan, and cook the meatballs in batches. Turn the meatballs for 4-5 minutes or until golden and cooked through.

**Optional:** serve with a side salad or vegetables to make this a balanced main meal. Use this recipe to make healthy chicken burgers

NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 60g (1 bite)		
	Per serve	Per 100g
Kilojoules (kJ)	401	669
Protein (g)	8.8	14.8
Total fat (g)	3.8	6.4
- Saturated fat (g)	1.1	1.8
Carbohydrates (g)	6.0	9.9
- Sugars (g)	1.5	2.4
Fibre (g)	0.9	1.4
Sodium (mg)	103	172

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines