

# Mini Meatballs

Makes 12

## Ingredients

- 300g lean beef mince
- 1 carrot
- 1 zucchini
- ½ teaspoon paprika
- ½ dried mixed herbs
- 1 egg
- ½ cup breadcrumbs
- Spray olive oil



## Method

1. Grate carrot. Grate and squeeze zucchini. Beat egg.
2. Combine mince, carrot, zucchini, paprika and herbs in a large mixing bowl. Add beaten egg and breadcrumbs and mix well.
3. Roll mixture into small balls and place on a clean plate. Cover and refrigerate for half an hour.
4. Lightly spray a frypan with oil, or use a non-stick frypan, and cook meatballs in batches for 5 minutes or until fully cooked through.
5. Insert a toothpick into the meatballs and serve with a tomato salsa.

NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 50g		
	Per serve	Per 100g
Kilojoules (kJ)	275	548
Protein (g)	7.9	15.7
Total fat (g)	2.2	4.4
- Saturated fat (g)	0.9	1.8
Carbohydrates (g)	3.6	7.2
- Sugars (g)	0.9	1.8
Fibre (g)	0.6	1.2
Sodium (mg)	55	109

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