Mini meatballs

Preparation time
45 minutes

Cooking time
20 minutes

Serves
4-6 (makes 12)

Recipe courtesy of
Nutrition Australia ACT

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

300g lean beef mince

1 carrot, grated

1 zucchini, grated and squeezed

1/2 tsp paprika

1/2 tsp dried mixed herbs

1 egg, beaten

1/2 cup breadcrumbs

extra virgin olive oil spray

1. Combine mince, carrot, zucchini, paprika, and herbs in a large mixing bowl. Add egg and breadcrumbs and mix well. Roll mixture into small balls and place on a clean plate. Cover and refrigerate for half an hour.
2. 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.
3. Insert a toothpick into the meatballs and serve with a tomato salsa.

Nutritional information is provided per serve

Engery	861kJ (206 calories)
Protein	18g
Saturated Fat	3g
Total Fat	9g
Carbohydrates	12g
Sugars	3g
Dietary Fibre	2g
Sodium	159g