

# 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