

Makes 14

Ingredients

- 1kg lean mince
- 1 onion
- 1 zucchini
- 1 carrot
- 1 head lettuce
- 4 tomatoes
- 1 tablespoon of dried mixed herbs or 1 small bunch of parsley
- 14 slices reduced fat cheese
- Olive oil spray - if required
- 14 wholemeal rolls



Method

1. Cut onion into quarters. Cut zucchini and carrot into 2-3cm pieces.
2. Shred lettuce. Slice tomatoes.
3. Add mince, onion, zucchini, carrot and herbs to a food processor. Process on high for 1 minute or until all ingredients are well combined and the mixture is smooth.
4. Using clean hands, take a handful of the mixture and form it into a patty shape. Repeat the process to create 14 patties.
5. Heat a fry pan to medium-high heat and lightly spray with oil, or use a non-stick pan. Cook each patty for 3-4 minutes on each side, until brown and fully cooked through.
6. Top each patty with a slice of cheese and leave to rest for 1 minute, or until the cheese has softened.
7. Add the patty, lettuce and tomatoes to the rolls.

NUTRITION INFORMATION		
Servings per recipe: 14		
Average serving size: 270g		
	Per serve	Per 100g
Kilojoules (kJ)	1727	640
Protein (g)	35	12.8
Total fat (g)	12	4.6
- Saturated fat (g)	5.8	2.1
Carbohydrates (g)	38	14.1
- Sugars (g)	4.3	1.6
Fibre (g)	6.2	2.3
Sodium (mg)	618	229

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