

Makes 10

Ingredients

- 500g lean beef mince
- 1 onion
- 2 carrots
- 2 zucchinis
- 1 clove garlic
- 1 tsp mixed herbs
- 1 egg
- ½ cup breadcrumbs
- 750g tomato passata, no added salt
- 10 wholemeal dinner rolls
- ½ cup reduced fat grated cheese



Method

1. Dice onion. Grate carrot and zucchini then squeeze out any excess moisture.
2. Crush the garlic clove. Beat the egg until combined.
3. Combine mince, onion, carrot, zucchini, garlic and half of the 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.
4. Heat a non-stick frypan and add meatballs in batches. Cook, stirring, until the meatballs have browned.
5. Add passata and remaining herbs to the pan, cover and reduce heat to simmer. Cook for 20 minutes or until meatballs are well cooked.
6. Split rolls and spoon on three or four meatballs with sauce. Top with a sprinkling of reduced fat cheese.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 203g		
	Per serve	Per 100g
Kilojoules (kJ)	728	359
Protein (g)	19.1	9.4
Total fat (g)	6.0	3.0
- Saturated fat (g)	2.8	1.4
Carbohydrates (g)	9.9	5.0
- Sugars (g)	5.0	2.5
Fibre (g)	2.7	1.3
Sodium (mg)	24	12

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