



Baked Chicken Meatballs

AMBER ACT/SA / EVERYDAY NSW

Makes 60 meatballs

Ingredients:

- 2 kg chicken mince
- 4.5 cups wholemeal breadcrumbs
- 10 large eggs
- 1.5 tablespoons garlic, minced
- 1 tablespoons mixed herbs, dried or fresh
- 3 medium onions, diced
- 4 medium carrots, grated

Method:

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper.
3. In a large bowl, combine chicken, breadcrumbs, eggs, garlic, herbs, onion and carrot.
4. Measure out approximately 1.5 tablespoons of the mixture and roll lightly to form a ball. Repeat with remaining mixture.
5. Place meatballs onto prepared baking sheet, then bake for 18-20 minutes until golden brown or cooked through.
6. Serve 2-3 meatballs with a meal.

Variations:

- Replace chicken with lean beef, pork or turkey mince.
- This recipe can be used in meals such as:
 - Spaghetti with bolognese sauce
 - Meatball subs
 - Salads
 - Served as a hot meal with rice

Tips:

- You can use dried mixed herbs or if herbs are grown in your home or school garden use fresh herbs such as basil, rosemary and thyme.
- This recipe freezes well.

Nutrition information:

	Per serve (63g)	Per 100g
Energy (kJ)	400	634
Protein (g)	8.4	13.3
Fat – total (g)	4.4	7.0
Saturated (g)	1.0	1.6
Carbohydrates – total (g)	5.3	8.4
Sugar (g)	0.96	1.5
Sodium (mg)	160	255
Fibre (g)	0.51	0.82