

Cheesy Chicken Meatballs

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20 (2-3 meatballs each)

- 2 carrots
- 3 celery stalks
- 2 garlic cloves
- Small bunch of garlic chives
- 1.5kg lean chicken mince
- 2 eggs
- 2 cups breadcrumbs
- 1 cup grated tasty cheese
- 2 tbsp soy sauce
- Rice and steamed vegetables for serving



Method:

1. Pre-heat oven to 180°C and line 2 large trays with baking paper.
2. Use a food processor to blitz the carrot, celery, garlic and chives.
3. Add in all other ingredients and combine thoroughly. Start with 1 cup of breadcrumbs and if the mixture is still too sticky, add more breadcrumbs.
4. Roll mixture into balls (1 tbsp each) and place on baking tray. Bake for 15-20 minutes or until cooked through.
5. Serve with rice and steamed vegetables for a balanced meal.

Note:

- For more colour, brown off meatballs in a frypan for 5 minutes before putting into the oven.

Food Group	Serves provided per portion
Vegetables	0.2
Lean meats and legumes	0.75
Grain foods	0.2
Dairy	0.15