

# Porcupine Meatballs

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 4 (2 meatballs each)

- 500g lean mince of your choice (beef, chicken, turkey)
- 1 egg
- 125g cooked brown rice
- 1 small brown onion, finely diced
- 2 teaspoons dried oregano
- 2 cloves garlic minced
- 1 grated carrot
- 1 grated zucchini
- 1 400g condensed tomato soup
- 1 tablespoon Worcestershire sauce
- Water

## Method:

1. Pre heat oven to 200 degrees Celsius
2. Combine mince, egg, rice, ½ onion, ½ oregano, garlic, carrot and zucchini in a bowl. Roll out 8 meatballs (children love to do this job).
3. Mix soup, a soup can of water, remaining onion and oregano in a jug or bowl.
4. Add meatballs to a casserole dish and cover with the sauce.
5. Cover and bake for 40 minutes.
6. Serve on a bed mashed sweet potato and a side salad.

| Food Group             | Serves provided per portion |
|------------------------|-----------------------------|
| Vegetables             | 1.25                        |
| Lean meats and legumes | 1.25                        |
| Grain foods            | 0.25                        |