

Loaded Meatballs with Vegetables and Couscous

Food Foundations

Ingredients

- 2 cup wholemeal breadcrumbs
- 1 cup non-fat plain Greek yogurt
- 5 eggs
- 4 Tablespoons Worcestershire sauce
- 3 Tablespoons tomato paste
- 1 finely diced onion
- 2 teaspoons paprika
- ½ cup fresh chopped parsley
- 1 kg lean beef mince
- 3 x grated carrots
- 2x grated zucchini
- 1kg mixed vegetables (peas, corn, broccoli)
- 1.5kg cous cous

Serves: 20

Prep Time: 30 mins

Cook Time: 20 mins



Method

1. Preheat oven to 180°C (fan forced).
2. Place breadcrumbs, yogurt, eggs, Worcestershire sauce, tomato paste, onion, paprika and parsley in a large bowl and mix until combined.
3. Add beef mince, grated carrots, and zucchini, gently mix until just combined.
4. Scoop 1 tablespoon of mixture and roll into a ball
5. Place on tray lined with baking paper
6. Cook in oven for 18 to 20 minutes.
7. Steam the peas, corn, and broccoli for 10 minutes and allow to cool
8. Cook couscous as per packet instructions and serve with meatballs and vegetables.

Recipe Notes:

Dampen fingers when smoothing mixture to avoid sticking.
Instead of carrots, use grated pumpkin or sweet potato
Add finely chopped bean (fresh or frozen).
Make a Tzatziki dip using Greek yoghurt and serve meatballs in a wrap with salad.

Food Group	Serves per portion
Vegetables	1.2
Fruit	
Grain foods	1.6
Lean meat and alternatives	0.9
Milk, yoghurt and cheese	0.1