

# Loaded Meatballs with Vegetables and Couscous

OSHC

## Ingredients

- 2 cups wholemeal breadcrumbs
- 1 cup plain Greek yoghurt
- 5 eggs, whisked
- 3 tablespoons tomato paste
- 1 onion, finely diced
- 2 teaspoons ground paprika
- ½ cup fresh parsley, finely chopped
- 1kg lean beef mince
- 3 carrots, grated
- 2 zucchinis, grated
- 1kg mixed vegetables (e.g. peas, corn, broccoli)
- 1.5 kg couscous

Serves: 20

Prep Time: 30 mins

Cook Time: 20 mins



## Method

1. Preheat oven to 180°C. Line 1 – 2 baking trays with baking paper.
2. In a large mixing bowl, combine the wholemeal breadcrumbs, plain Greek yoghurt, whisked eggs, tomato paste, finely diced onion, ground paprika and finely chopped parsley.
3. Add the lean beef mince, grated carrot and grated zucchini. Mix until combined.
4. Scoop out 1 tablespoon of mixture and roll into a ball. Place on the prepared baking tray.
5. Continue with remaining mixture.
6. Bake meatballs for approx. 20 minutes or until golden and cooked through.
7. Steam the mixed vegetables until cooked through.
8. Cook the couscous according to packet instructions and serve with the prepared meatballs and vegetables.

### Recipe Notes:

Dampen hands when rolling mixture into balls to avoid sticking. Instead of carrot and zucchini, use grated pumpkin or sweet potato. Another way to serve these meatballs is in a wrap with salad and a homemade tzatziki dip using Greek yoghurt.

Food Group	Serves per portion
Vegetables	1.2
Fruit	0
Grain foods	1.6
Lean meat and alternatives	0.9
Milk, yoghurt and cheese	0.1