

Loaded Meatballs with Vegetables and Couscous

Food Foundations

Ingredients

- 2 cups wholemeal breadcrumbs
- 1 cup plain Greek yogurt
- 5 eggs
- 4 tbsp Worcestershire sauce
- 3 tbsp tomato paste
- 1 finely diced onion
- 2 tsp paprika
- ½ cup fresh chopped parsley
- 1kg lean beef mince
- 3 x grated carrots
- 2 x grated zucchini
- 1kg mixed vegetables (peas, corn, broccoli)
- 1kg 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. Repeat until all mixture is used.
5. Place on trays 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.
An alternative method of serving could be with a Tzatziki dip in a wrap with salad.

| Food Group | Serves per portion |
|----------------------------|--------------------|
| Vegetables | 1.2 |
| Fruit | 0 |
| Grain foods | 1.7 |
| Lean meat and alternatives | 0.6 |
| Milk, yoghurt and cheese | 0.1 |