

# Savoury Platter

## Ingredients

- 2 x 140g packets of Vita-Weat multigrain crackers
- 2 x 200g tub of hummus
- 4 carrots
- 1 continental cucumber
- 250g punnet cherry tomatoes
- 200g cheese cubes
- 400g pork and veal meatballs (pack of 20)

**Serves:** 20

**Prep Time:** 15 mins

**Cook Time:** 15 mins

Food Group	Serves per portion
Vegetables	1
Fruit	0
Grain foods	0.5
Lean meat and alternatives	0.3
Milk, yoghurt and cheese	0.2

## Method

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper. Place meatballs on tray and cook in oven for 10-15 minutes until cooked through.
3. Wash carrot, cucumber and cherry tomatoes. Cut carrot and cucumber into batons. Slice cherry tomatoes in half.
4. Prepare 2 platters for children to share, dividing all food items between the two platters. Provide tongs for serving



### Recipe activity notes:

A savoury platter is a great morning or afternoon tea to serve on a day that you serve sandwiches, when it is often hard to meet recommended serves of meat/ meat alternatives and vegetables. If you have the time, you can make the meatballs from scratch. This might take an extra 10 minutes but you will save money and can adapt the recipe for food allergies. This platter works out to be approximately \$1 per child depending on if you purchase pre-made meatballs or make them yourself.