



## MINI MEATBALLS

These mini meatballs are delicious served in pitta bread with salad. Try adding different spices or sauces for a different flavoured meatball.

**Remember: frozen vegetables also count towards your 5-a-day!**



Recipe & image supplied by MeatandEducation.com  
[www.meatandeducation.com](http://www.meatandeducation.com)

### Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw safely; shape e.g. burgers, fishcakes; use a hob (with adult supervision).

**Equipment:** Weighing scales, microwave safe container, knife, chopping board, food processor (optional), large mixing bowl, measuring spoon, baking tray, oven gloves.

### Ingredients (serves 4 children):

- 200g frozen mixed vegetables
- 225g lean beef mince
- 15ml spoon (1 tbsp) tomato ketchup

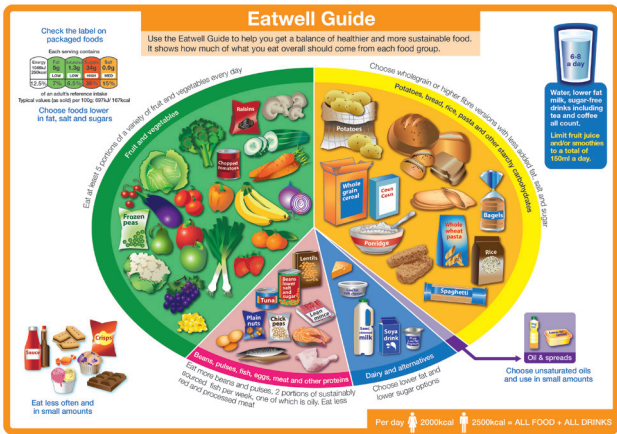
### Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Cook the frozen vegetables in the microwave as per the cooking instructions.
3. Allow the vegetables to cool a little and then chop them into small pieces; this is easiest using a food processor (pulse).
4. Mix the lean beef mince, chopped vegetables and tomato ketchup together in a large mixing bowl.
5. Shape the mixture into 24 meatballs (using slightly damp hands when shaping the meatballs will help if the mixture is a bit sticky). Time permitting chill the meatballs before cooking to help them keep their shape.
6. Place the meatballs on a baking tray.
7. Cook in the oven for 10 minutes, until the juices run clear.



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 110g serving

<b>ENERGY</b>	461kJ / 110kcal	6%
<b>FAT</b>	6.1g	9%
<b>SATURATES</b>	2.2g	11%
<b>SUGARS</b>	3.4g	4%
<b>SALT</b>	0.8g	14%

% of an adult's reference intake  
Typical values per 100g : Energy 416kJ / 99kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Mini Meatballs ...

**Beef mince** is a great source of protein and iron, as well as some other vitamins and minerals; however it can also be high in fat so choose lean mince where possible.



**Frozen vegetables** are a fantastically economical way of helping us reach our 5-a-day target. Throw a handful in soups, stews, casseroles ... and meatballs!

