



SQUEAKY MEATBALLS

For a meatball twist, try these delicious squeaky meatballs made with halloumi, a traditional cheese from Cyprus. Serve with salad as a light lunch, or add to a simple tomato sauce and serve with pasta.

If you like spicy dishes, try adding cumin and coriander to the mixture.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; separate an egg; use weighing scales; use measuring spoons; use a vegetable peeler; use a grater; shape; season to taste; use an oven/appliance (with adult supervision).

Equipment: Oven, weighing scales, large bowl, vegetable peeler, grater, table knife, teaspoon, baking tray, pastry brush, oven gloves.

Allergens*: Eggs | Milk

Ingredients (makes 4 portions):

- 500g Minced lamb (5% fat)
- 100g Halloumi cheese (30% less fat)
- 1 medium carrot
- 1 egg yolk
- Black pepper
- 1 tsp oregano
- 1 tsp garlic granules
- Vegetable oil, to grease baking tray

Method

1. Place the minced lamb into a large bowl.
2. Grate the halloumi and add to the bowl.
3. Peel and grate the carrot, add to the bowl.
4. Crack the egg and carefully separate the egg yolk from the white. Add the yolk to the bowl and discard the white.
5. Add the herbs and black pepper and mix together well using your hands.
6. Divide and shape the mixture into 12 balls.
7. Brush a baking tray with a little oil and place meatballs on it.
8. Bake for 15 mins at 180 degrees C.
9. Check the meatballs are cooked through, and serve.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



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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 155g serving

ENERGY	1295kJ / 311kcal	16%
MED	FAT 19.0g	27%
HIGH	SATURATES 9.9g	50%
LOW	SUGARS 1.9g	2%
LOW	SALT 0.2g	3%

% of an adult's reference intake
Typical values per 100g : Energy 836kJ / 200kcal

So, thinking about Squeaky Meatballs...

Lamb is an excellent source of protein and rich in minerals (e.g. iron) and the B vitamins. It can also be high in saturated fat so choose leaner cuts where possible.

Halloumi is high in saturated fats and salt. Use small amounts and choose reduced fat options where possible.



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.