Cheesy rissoles

Preparation time: 10 minutes  Cooking time: 10-15 minutes
Freezing: suitable  Makes: 16

Ingredients
400g lean beef mince
1 small onion, finely diced
1 small carrot, grated
1 small zucchini, grated
2 tablespoons tomato sauce, reduced salt
1 tablespoon barbecue sauce
½ cup cheddar cheese, grated
2 tablespoons plain flour
½ cup dry breadcrumbs
2 tablespoons canola oil

Steps
1. Put the beef, onion, carrot, zucchini, tomato sauce, barbecue sauce, grated cheese and flour into a medium size bowl and mix to combine.
2. Shape the mixture into 16 bite size balls.
3. Roll each ball in the breadcrumbs and place on a tray.
4. Refrigerate for 15 minutes or until firm.
5. Heat oil in a large non-stick fry pan over medium heat. Cook the meat balls in batches for 5-7 minutes on each side or until crisp and golden and cooked through.
6. Drain on absorbant paper and serve with a salad.

Healthy eating messages

• Lean red meat including beef is rich in iron. Young children need iron for energy and to help them learn and play. Other good sources of iron are lamb, veal and kangaroo.
• Moderate sources of iron include pork, chicken, turkey, fish and eggs.
• Non-meat sources of iron include legumes, baked beans, wholegrain bread, flour and breakfast cereals such as wheat biscuits.

To increase the absorption of iron from non-meat sources, serve with foods rich in vitamin C such as capsicum, tomato and fruits. For example, lentil patties served with salad including tomatoes.
• Grating vegetables into hamburger mixtures and pasta sauces is a great way of including a variety of different vegetables in your child’s diet.