

COOKING DEMONSTRATION NOTES

Cheesy rissoles

Preparation time: 10 minutes **Cooking time:** 10-15 minutes

Freezing: suitable **Makes:** 16

Shopping list

- 400g lean beef mince
- 1 small onion
- 1 small carrot
- 1 small zucchini
- tomato sauce (reduced salt)
- barbecue sauce
- cheddar cheese
- plain flour
- dry bread crumbs
- canola oil

Equipment

- grater
- chopping board
- medium size mixing bowl
- measuring spoons
- measuring cup

How to modify recipe

- Make larger patties and serve on a wholegrain roll with salad for a healthy hamburger.
- Add 2 tablespoons of cooked lentils to mixture in Step 1.
- Try serving meat balls with a spoonful of natural yoghurt as a dipping sauce.

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.