Cheesy rissoles

**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 grated cheddar cheese
- 2 tablespoons plain flour
- ½ cup dry bread crumbs
- 2 tablespoons canola oil

**Steps**
1. Place the beef, onion, carrot, zucchini, tomato sauce, barbecue sauce, cheese and flour into a bowl and mix to combine.
2. Shape the mixture into 16 small balls or 8 flat patties.
3. Roll each ball or patty in breadcrumbs and place on a tray. Refrigerate for 15 minutes or until firm.
4. Heat a small amount of oil in a large non stick fry pan over a medium heat. Cook the patties or balls on both sides until golden and cooked through.
5. Drain on absorbant paper and serve with a salad.

**Hints & ideas**
- Young children need iron to grow, learn and play. Lean red meat including beef, lamb, kangaroo and veal are high in iron.
- Other good sources of iron include pork, chicken, turkey, fish and eggs.
- Non-meat sources of iron include baked beans, legumes, wholegrain bread and breakfast cereals such as wheat biscuits.