HANDOUT

# RECIPE

## 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.

SPHN (CPH)160200

MAKE HEALTHY NORMAL

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

www.healthykids.nsw.gov.au

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