

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.



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.

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