

# Baked Chicken Meatballs

AMBER ACT/SA / EVERYDAY NSW

Makes 60 meatballs

## Ingredients:

- 2 kg chicken mince
- 4.5 cups wholemeal breadcrumbs
- 10 large eggs
- 1.5 tablespoons garlic, minced
- 1 tablespoons mixed herbs, dried or fresh
- 3 medium onions, diced
- 4 medium carrots, grated

## Method:

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper.
3. In a large bowl, combine chicken, breadcrumbs, eggs, garlic, herbs, onion and carrot.
4. Measure out approximately 1.5 tablespoons of the mixture and roll lightly to form a ball. Repeat with remaining mixture.
5. Place meatballs onto prepared baking sheet, then bake for 18-20 minutes until golden brown or cooked through.
6. Serve 2-3 meatballs with a meal.

## Variations:

- Replace chicken with lean beef, pork or turkey mince.
- This recipe can be used in meals such as:
  - Spaghetti with bolognese sauce
  - Meatball subs
  - Salads
  - Served as a hot meal with rice

## Tips:

- You can use dried mixed herbs or if herbs are grown in your home or school garden use fresh herbs such as basil, rosemary and thyme.
- This recipe freezes well.

**Nutrition information:**

	<b>Per serve (63g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	400	634
<b>Protein (g)</b>	8.4	13.3
<b>Fat – total (g)</b>	4.4	7.0
<b>Saturated (g)</b>	1.0	1.6
<b>Carbohydrates – total (g)</b>	5.3	8.4
<b>Sugar (g)</b>	0.96	1.5
<b>Sodium (mg)</b>	160	255
<b>Fibre (g)</b>	0.51	0.82