

Magic Mince.



Look what it turns into.

Mini Meatballs

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4-6

500g Quality Mark beef or lamb mince
1 small onion, chopped
1 egg
1 cup soft breadcrumbs
Flour
2 tsp oil



Combine mince, onion, egg and breadcrumbs in a bowl. Season lightly and mix well. Roll into approximately 20 balls and toss lightly in plain flour. Heat 2 tsp oil in a frypan on medium heat. Cook the meatballs for about 15 minutes, or until no longer pink inside. Drain off excess liquid. Serve with pasta and salad in summer, or seasonal vegetables in winter.

TIPS

For younger children: Get them to help roll the balls using clean hands and a melon scoop if you have one.

For older children and parents: Try serving the meatballs with a plum or sweet chilli sauce.

For everyone: These are great cooked on the BBQ. Or you can oven bake them by pre-heating the oven to 200°C, then lightly oil a baking tray, place meatballs on tray and bake 15 minutes, shaking the tray occasionally.

Kids Love Mince.

For children aged 1-13 years, a 100g serving of lean beef or lamb mince provides at least 20% of the average recommended daily intake of iron.