



Recipe created by Roberta Asher
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Serves: 10 (¾ cup per serve)

Time to prepare: 30 mins

Time to cook: 30 min

Hands on time: 30 mins

Freeze: Yes

Ingredients

Olive oil spray

1 lemon (zest only)

1 zucchini (~195g)

1 egg

2 teaspoons dried mint

1 teaspoon dried oregano

500g lamb mince

300g low-fat ricotta cheese

2 weet-bix

30g grated fresh parmesan cheese

Salt (¼ teaspoon or less) and pepper

2 cloves garlic

1x 400g can chickpeas

2x 500g jars tomato pasta sauce

200ml water

NUTRITION INFORMATION

Per ¾ cup serve

Energy	880 kJ / 210 cal
Protein	17.7 g
Carbohydrate	14.1 g
Dietary Fibre	4.4 g



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Method

1. Preheat fan-forced oven to 180°C.

PREPARE

2. Spray the **olive oil** over the base of a deep baking pan or casserole.
3. Wash the **zucchini and lemon** well under cold running water. Put in a colander to drain.
4. Break the **egg** into a large mixing bowl and lightly whisk with a fork.
5. Grate the **zucchini** and **lemon rind** and add to the bowl with the egg followed by the **dried mint** and **oregano**, **lamb mince**, **ricotta** and **parmesan cheese**, **pepper** and a small amount of **salt**. Crush the **weet-bix** in your hands and add to the mixture.

Chef's tip: To grate lemon zest wash the fruit well under cold running water. Grate only the coloured part of the rind. When you see the white "pith" stop grating as the pith tastes bitter and unpleasant.

6. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater and add to the lamb mix.
7. Using clean hands mix together well and shape into balls a bit smaller than the size of a golf ball and place in the baking pan. You should end up with about 20 meatballs.

COOK

8. Place the baking pan in the oven and roast for 15 minutes.
9. Meanwhile over the sink use a colander to drain the liquid from the **chickpeas**.
10. Once the pan of meatballs has roasted for 15 minutes remove them from the oven.

Safety tip: Be very careful when removing food from the oven. Always protect your hands with dry heatproof mitts. Place the hot tray onto a heatproof surface such as a thick wooden cutting board.

11. Scatter over **chickpeas** and **pasta sauce**. Rinse the jars out with a small amount of water (about 100ml in each) and pour this over as well. Gently stir to mix it all together and return the tray to the oven.
12. Roast for a further 30 minutes. Check the meatballs are cooked through by inserting a knife into a meatball taken from the centre of the pan. Ensure that no pink undercooked meat remains. If needed, put back in the oven until the meatballs are cooked through.

Tip for the family: To make this recipe even healthier when shopping for your pasta sauce compare products to find the one with the lowest sodium content. Simply look at the nutrition information, find the per 100g column and choose the one with the lowest sodium number.

Another healthy and tasty twist is adding some extra vegetables to the tomato sauce. Our top suggestions are mushrooms, eggplant, capsicum, green beans and onion.



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