



HELPING KEEP TASSIE KIDS HEALTHY!

Meatball Sub | **Green recipe**

Makes around 70 meat balls

Ingredients:

1kg lean beef mince
½ zucchini, grated
½ carrot, grated
1 tsp of mixed herbs
bottle of packaged spaghetti sauce
low fat grated cheddar cheese
long wholemeal roll

Method:

Place mince, mixed herbs, zucchini and carrot in a bowl and mix well to combine. Roll into 70 small balls. Heat a non-stick frying pan. Add meatballs and cook until browned.

Add tomato sauce to the meatballs, reduce the heat to low and simmer for 15 minutes.

Add four meatballs and sauce to each wholemeal roll (already split down the centre along the top) and top with cheese.

* adapted from "Special Made Simple" Donna Hay magazine. Annual 3, 2006.