

Meatball Sub

Traffic light category: **Green**

Serves: 160 balls/32 subs

Ingredients

- 2kg lean beef mince
- 1 cup carrot, grated
- 1 cup zucchini, grated
- ½ cup spring onions, finely sliced
- 1 teaspoon vegea or reduced salt vegetable stock powder
- ½ teaspoon onion flakes
- 2 teaspoons dried mixed herbs
- 2 cups panko or fresh breadcrumbs
- 500g jar passata or raguletto pasta sauce (if not using canteen made sauce)
- 32 long bread rolls, preferably wholemeal

Method

1. Heat oven to 180°C, line a baking tray with greaseproof paper
2. Combine all ingredients, except breadcrumbs, pasta sauce and rolls in a large bowl, mix well
3. Roll mixture into 20g balls
4. Roll balls in breadcrumbs, then place on oven tray
5. Bake in oven for 20-25 minutes or until cooked through and brown
6. Heat sauce in a large frypan, add balls to sauce
7. Place 5 balls in a bread roll, wrap in greaseproof paper or foil, place in pie warmer until service.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	126.4kJ	648.4kJ
Protein	3.7g	19.2g
Total fat	1g	5.1g
Saturated fat	0.4g	2.1g
Carbohydrate	1.5g	7.9g
Sugars	0.3g	1.8g
Dietary fibre	0.2g	1.2g
Sodium	56.3mg	288.7mg

Source: Bletchley Park Primary School



Supporting healthy choices

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