

Chicken noodle balls

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 9

Ingredients

- 300g lean chicken mince
- 1 egg
- ½ zucchini, grated
- 200g rice noodles crushed
- 2 tablespoons plain flour
- ½ cup breadcrumbs
- ½ teaspoon garlic powder
- 1 tablespoon olive oil
- 1 small onion diced
- 800g tin chopped tomatoes
- 200mL salt reduced chicken stock
- 1 teaspoon sugar
- ½ teaspoon each dried or 1 teaspoon each of fresh oregano, basil and rosemary

Method

1. Combine chicken mince, egg, zucchini, rice noodles, flour, breadcrumbs and garlic in a large bowl, mix well
2. Roll into small balls, refrigerate for 1 hour
3. For sauce: heat oil in large frypan, brown onion, add tomatoes, chicken stock, sugar and herbs
5. Simmer for 5 minutes to develop flavour
6. Place balls into sauce and simmer 10 minutes or until cooked through
7. Serve balls with salad or with rice for a complete meal.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	805.5kJ	390.1kJ
Protein	10.8g	5.2g
Total fat	3.3g	1.6g
Saturated fat	0.8g	0.4g
Carbohydrate	28.1g	13.6g
Sugars	4.2g	2.0g
Dietary fibre	2.6g	1.3g
Sodium	146.6mg	17.0mg



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