

Chicken Rissoles

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 16 rissoles (approx 90g each)

Ingredients

- 1kg lean chicken mince
- 1 large red onion, grated
- 2 carrots, peeled, grated
- 1 cup reduced fat tasty cheese, grated
- 1 cup panko breadcrumbs
- 2 teaspoons dried mixed herbs
- Small amount of oil or cooking spray

Method

1. Combine all ingredients, except oil, in a bowl
2. Roll mixture into even balls or patties
3. Cook in fry pan over medium heat until golden brown and cooked through.



Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	595kJ	651kJ
Protein	15g	16g
Total fat	5.8g	6.3g
Saturated fat	2.3g	2.5g
Carbohydrate	6.5g	7.1g
Sugars	1.1g	1.2g
Dietary fibre	0.8g	0.9g
Sodium	130mg	143mg

Serving suggestions

- Roll into slightly larger balls and use in chicken burgers
- Roll into smaller balls and add to pasta sauce
- Serve on a bed of sweet potato mash for a complete meal



Supporting healthy choices

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