

Nutrition for Outside School Hours Care • an NAQ Nutrition program

Gluten Free | Dairy Free | Soy Free | Nut Free | LOW in Amines and Salicylates

EQUIPMENT: Fry pan, knife, chopping boards, wooden spoon, mixing bowl

INGREDIENTS	6 serves	12 serves	26 serves
Lean lamb or beef mince	300g	600g	1.5kg
Shallots – green ends only, chopped finely	3	6	1 bunch
Eggs	1	2	5
Garlic – crushed	1 clove	2 cloves	4 cloves
Rice crumbs	¼ cup	½ cup	1 ½ cups
Canola or sunflower oil	40ml	80ml	200ml
Golden syrup	1 tbsp	2 tbsp	5 tbsp
Salt	¼ tsp	½ tsp	1 ¼ tsp
Water or homemade, low salicylate stock	50ml	100ml	1 cup

METHOD:

1. Mix mince, shallots, eggs, garlic and rice crumbs together and shape into meatballs
2. Heat oil in fry pan, reduce heat and add meatballs, cook in batches if required
3. Cook until lightly brown then remove from pan
4. Add golden syrup, salt and stock/ water to the pan. Heat until gently boiling
5. Turn heat down to low after 1 minute, add the meatballs back and cook until the sauce caramelises – take care not to burn and add extra water if required
6. Serve with allowed vegetables and rice or mashed potato



ALLERGY MODIFICATIONS	INSTRUCTIONS
To make Egg free	Delete egg and replace with Orgran Egg Replacer™ or omit egg altogether. The meatballs will still hold shape.

VARIATIONS:

- If gluten is not a problem remove rice crumbs and use breadcrumbs (check ingredients of the bread used for other allergies and intolerances)
- If salicylates and amines are not a problem add ¼ tsp of dried oregano & basil per 10 serves and cook in a tomato based sauce
- If salicylates are not a problem add ½ cup each of grated carrot and zucchini per 10 serves and 1 extra tbsp of rice crumbs