



Traffic light category: **Green**

Serves: **9-11**

## 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 honey
- 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 frying pan, brown onion, add tomatoes, chicken stock, honey and herbs
4. Simmer for 5 minutes to develop flavour
5. Place balls into sauce and simmer 10 minutes or until cooked through
6. Serve balls with salad or with rice for a complete meal.

**To stretch the serving sizes, serve the balls on a small bed of rice or quinoa and drizzle with any remaining sauce.**

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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