

Chicken Meatballs with Hidden Veg and Prunes,
served with a Lemon Yoghurt Dipping Sauce



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A really tasty, quick and healthy lunch or dinner that the entire family will love.

SERVES: 4 | MAKES APPROX 25 BALLS | LEVEL OF DIFFICULTY: ●○○

Meatballs

INGREDIENTS

- 500g chicken mince
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1/2 onion, finely diced
- 1 egg
- 1 tbsp lemon juice
- small bunch of coriander
- 1/2 cup (100g) **Australian prunes**, pitted
- 4 slices wholegrain bread, crumbed
- 2 cloves garlic, minced

METHOD

1. Pour hot water over the prunes. Soak for 5 mins. Drain and chop finely (or blitz in a food processor if you prefer).
2. Mix all ingredients together and with wet hands, form balls.
3. Heat 2 tbsp olive oil in a deep frypan and cook the meatballs, turning regularly until cooked through and crisp on the outside.

Lemon Yoghurt Sauce

INGREDIENTS

- 1 cup regular fat natural yoghurt
- 1 tbsp lemon juice
- 1 tbsp lemon zest
- Salt and pepper to taste

METHOD

1. To make the yoghurt dipping sauce stir all ingredients together. Serve with a salad or steamed or fresh vegetables.

NUTRITION

Per serve (4 serves of 6 balls each): Energy 1860kJ • Protein 36g • Total fat 15g • Saturated fat 4g • Total Carbohydrates 35g • Total sugars 21g • Dietary fibre 8g • Sodium 340mg

25g prunes per serve (half of daily 50g serve of prunes)

- Good source of protein and dietary fibre
- Source of carbohydrates
- Natural fruit sugar from prunes and yoghurt



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