

Winter warming meals

Meatballs/meatloaves/hamburgers

Ingredients

500g lean minced beef
1 cup breadcrumbs
 $\frac{1}{2}$ cup rolled oats
2 Tbspns cold water
1 tspn minced garlic
 $\frac{1}{4}$ cup chopped parsley
1 tspn dried basil or 1 Tbspn fresh
 $\frac{1}{2}$ cup grated carrot
1 onion, finely chopped
1 egg
1 tspn garlic salt
1 tspn curry powder

Method

Place all ingredients in a bowl.
Mix well.
Use in a variety of ways

Meatballs: shape into balls the size of a walnut and place in one layer on a plate that can be microwaved. Microwave each plate full on high for 4 minutes. Drain any liquid off meatballs and place in one layer in an ovenproof dish. Pour pasta sauce over the top and bake for approximately 25 minutes at 180°C. Serve with pasta, rice or polenta.

Mini meat loaves: Lightly oil muffin tins, press in the mixture and shape into mini meat loaves. Top with tomato paste or pasta sauce and bake for around 20 minutes at 180°C.

Hamburgers: Shape into hamburger shapes and grill, barbeque or fry in a non-stick pan. Serve in a bun with relish/chutney, tomato slices, shredded lettuce, red onion, grated carrot etc.

Health Habits for Main Courses:

- Use lean meats; no skin or fat
- Use oil spray or small amount of oil to brown or fry, not butter
- Bulk out meat dishes with lots of vegetables, lentils, kidney beans etc
- Do not add cream to enrich
- Where a recipe calls for coconut cream, use the light version
- Poach fish rather than fry it
- When using cheese, use Edam rather than cheddar
- On pizzas, use lean meats including chicken or fish and/or beans (baked or chilli); and top with LOTS of veges

Fruit Crumble

Ingredients

Stewed, canned or bottled fruit e.g. apples, rhubarb, pears
Crumble topping:
1 cup rolled oats
 $\frac{3}{4}$ cup wholemeal flour
 $\frac{1}{2}$ cup brown sugar
2 tspns cinnamon
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{4}$ cup trim milk

Method

Place stewed fruit in ovenproof baking dish. Sprinkle over the crumble topping and bake at 180C for 15 - 20 minutes or until crisp and golden. Serve with custard or yoghurt.
To make crumble topping
Combine oats, flour, sugar, cinnamon and walnuts in a bowl. Add skim milk and mix. The mixture should stay together when pressed but should not be wet. Serves 6

Healthy Nibbles

Nutrition & physical activity information for primary schools
For more information visit: www.cph.co.nz

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Te Pōari Hauora o Wāitaha