

Courgette 'meatballs'

Serves 20 small children



Ingredients

3 courgettes,
grated



¼ cup parsley,
chopped with
scissors



1 to 1 ½ cups dried
breadcrumbs



¼ teaspoon ground
black pepper and a
pinch of salt



½ cup grated
cheese



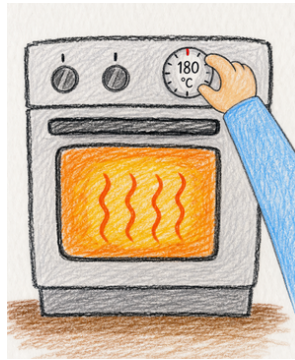
4 eggs



2 cups tomato
pasta sauce



1



Preheat oven to 180°C.

2



Squeeze liquid out of the courgette by hand or in a clean cloth.

3



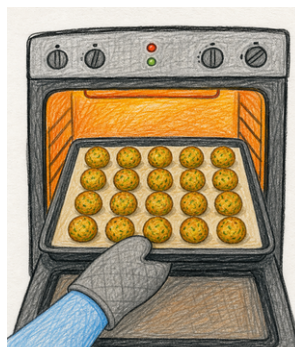
Mix courgette, parsley, breadcrumbs, pepper, cheese and eggs together.

4



Roll into 20 golf ball-sized balls and place on an oven tray lined with baking paper.

5



Bake for approximately 15 minutes or until golden brown.

6



Serve with tomato pasta sauce.