

# Chicken & Zucchini Meatballs In Roasted Capsicum Sauce

Rating: ★★★★★

Serves: 8 (makes 16 meatballs)

Prep: 15 mins

Cook: 25-30 mins

Dietary: DF, GF, NF

Allergens: Eggs

Age group: 8 months+

Mealtime: Lunch

Difficulty level: Beginner



# Chicken & Zucchini Meatballs In Roasted Capsicum Sauce



Dairy Free



Gluten Free



Nut Free

## Equipment

High-speed food processor

## Ingredients

### Roasted Capsicum Sauce

- 2 medium (500g) red capsicums, rinsed, seeded and cut into chunks
- 1 small (110g) brown onion, peeled and cut into wedges
- 3 (10g) garlic cloves, unpeeled
- 2 tsp (2g) dried oregano
- 2-3 tbsp (40-60ml) extra virgin olive oil
- 400g can diced tomatoes, no salt
- 1 tbsp (20ml) tamari
- 1-2 tsp (5-10ml) balsamic vinegar (optional)

### Chicken Meatballs

- 1 regular-sized carrot (125g), peeled
- 1 regular-sized zucchini (130g), rinsed
- 1 medium apple (115g), rinsed, cored
- ½ brown onion (55g), peeled
- 1 garlic clove (10g), peeled
- ¼ cup (20g) spinach, rinsed
- 2 tbsp (10g) fresh parsley, rinsed
- 1 egg
- 1/3 cup (50g) rice breadcrumbs
- 600g chicken mince

## Method

1. Preheat oven to 220°C and line a large baking tray with baking paper.
2. Place capsicum, onion and garlic onto the baking tray. Add oregano, drizzle with olive oil and toss to coat.
3. Bake for 20-25 min, until golden brown and well roasted.
4. Cool slightly before adding to a blender. Add canned tomatoes and tamari and blend until smooth. Stir in vinegar if using. Pour sauce into a large casserole dish or baking tray.
5. Reduce oven temperature to 200°C.
6. Place carrot, zucchini, apple, onion, garlic, spinach, and parsley into a high-speed food processor and process until smooth.
7. In a large bowl, combine veggie mix with the rest of the ingredients. Adding more breadcrumbs if needed if mixture needs to be firmer.
8. Roll mixture into small balls (approx. ¼ cup of mixture per ball) and place into the sauce in the casserole dish.
9. Bake for 25-30 mins or until meatballs are cooked through.

**Mandy's serving suggestion:** Serve immediately with brown rice and a side of vegetables.

**Storing leftovers:** Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

## Tips

### ✓ Allergies:

For an egg-free version: Use an egg-replacement such as a store-bought egg replacer, flax-egg (1 tbs flaxseed meal + 3 tbs water) or chia-egg (1 tbs chia seed meal + 3 tbs water).

### ✓ For a vegetarian version:

Swap chicken mince for firm crumbled tofu.

### ✓ Easy ingredient swaps:

Swap carrot and zucchini for vegetables of choice, such as pumpkin, parsnip, sweet potato, swede, or turnip. Swap apple for pear or for another piece of vegetable.

### ✓ Additional boosters:

Swap rice breadcrumbs for pumpkin seed meal.

### ✓ Baby-friendly version:

Serve mashed or cut into finger food-sized pieces.

### ✓ For fussy eaters:

- Puree all vegetables, apple, onion and garlic into a food processor and process until smooth.
- Deconstruct the meal by serving meatballs and sauce separately.