

Zucchini noodles with Australian lamb meatballs in tomato sauce

Ingredients

For the noodles	For the lamb	For the tomato sauce	For garnish
5 Medium zucchini	2 lbs. Australian ground lamb (or beef)	1 can Chopped tomatoes	Parsley, chopped
1 tsp Aromatic herbs	1 tsp Cumin powder	1 tsp Cumin powder	Parmesan cheese
	1 tsp Aromatic herbs	2 tsp Aromatic herbs	Olive oil
	1 tsp Garlic	¼ cup White onion, chopped	Salt and pepper, to taste
	¼ cup Parmesan cheese	½ cup Parmesan cheese	
	¼ cup White onion, chopped		
	1 Egg		
	½ cup Breadcrumbs		

Method

- 1 Combine the ground lamb, cumin, aromatic herbs, salt, pepper, parmesan cheese, onion, and garlic together. Stir in egg and breadcrumbs until just combined. Do not overmix. Using wet hands, form into round 1.5" meatballs. Then, place in the fridge.
- 2 After 10-15 minutes, remove meatballs from the fridge. Heat olive oil in a pan over medium-heat. Add the meatballs and cook for 8-10 minutes, browning on all sides.
- 3 For the tomato sauce, heat olive oil in a pan on medium-high heat. Add onion and cook until softened. Add chopped tomatoes and quarter a cup of water and stir well. Then add cumin, parmesan cheese and season with herbs, salt and pepper. Bring to a boil and simmer gently until sauce thickens about 20 minutes.
- 4 To make the zucchini noodles or zoodles, spiralize zucchini using a spiralizer into zoodles. To cook, add zucchini to a pan over medium-high heat. Sauté for 1-2 minutes or slightly softened but still tender. Do not overcook. Season with salt, pepper, and herbs.
- 5 Transfer to a plate and spoon sauce and meatballs over zucchini noodles. Sprinkle with freshly chopped parsley and parmesan cheese.



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WEEKLY MEAL PLANNER





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Monday Tuesday Wednesday Thursday Friday

Breakfast

1 small cup of peaches or pears in natural juice
Whole grain English muffin with reduced-fat peanut butter (or top with fried egg & fresh spinach)

1 wholegrain cereal bar
Small container of seasonal fruit salad e.g. grapes, strawberries

½ cup oatmeal with fresh blueberries
4 oz. reduced fat milk

1 cup of reduced fat or low sugar fruit-flavored yogurt
Small container of seasonal fruit salad e.g. watermelon, cantaloupe

Air popped popcorn in a ziplock bag
Apple, carrot & celery slices with reduced fat peanut butter

Lunch

Leftover beef with mixed greens and cheese in a whole grain wrap
1 cup reduced fat yogurt with bananas & granola topping

Tuna and avocado sushi rolls use large leaf lettuce to wrap tuna and avocado slices
6 wholegrain rice crackers with sliced cheese and cherry tomatoes

Leftover lamb with hummus and mixed greens in a whole grain pita pocket
Small container of dried apricots and apple rings

Turkey Roll-ups: Turkey, lettuce, cheese and honey-Dijon mustard or reduced fat mayo wrapped in a whole grain tortilla and sliced into rolls
Chopped veggie sticks (carrot, cucumber, celery) and tomato salsa

Leftover beef topped with tomato or sweet bell pepper slices
1 cup reduced fat or low sugar plain yogurt with diced seasonal fresh fruit (e.g. peaches, strawberries, etc)

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www.trueaussiebeefandlamb.com/nutrition

