



## 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                   | ¼ 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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WITH AUSTRALIAN BEEF & LAMB

## WEEKLY MEAL PLANNER

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|           | Monday                                                                                                                                                    | Tuesday                                                                                                                                                      | Wednesday                                                                                                                        | Thursday                                                                                                                                                                                                              | Friday                                                                                                                                                                            |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast | 1 small cup of peaches or pears in natural juice<br><br>Whole grain English muffin with reduced-fat peanut butter (or top with fried egg & fresh spinach) | 1 wholegrain cereal bar<br><br>Small container of seasonal fruit salad e.g. grapes, strawberries                                                             | ½ cup oatmeal with fresh blueberries<br><br>4 oz. reduced fat milk                                                               | 1 cup of reduced fat or low sugar fruit-flavored yogurt<br><br>Small container of seasonal fruit salad e.g. watermelon, cantaloupe                                                                                    | Air popped popcorn in a ziplock bag<br><br>Apple, carrot & celery slices with reduced fat peanut butter                                                                           |
| Lunch     | Leftover beef with mixed greens and cheese in a whole grain wrap<br><br>1 cup reduced fat yogurt with bananas & granola topping                           | Tuna and avocado sushi rolls use large leaf lettuce to wrap tuna and avocado slices<br><br>6 wholegrain rice crackers with sliced cheese and cherry tomatoes | Leftover lamb with hummus and mixed greens in a whole grain pita pocket<br><br>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<br><br>Chopped veggie sticks (carrot, cucumber, celery) and tomato salsa | Leftover beef topped with tomato or sweet bell pepper slices<br><br>1 cup reduced fat or low sugar plain yogurt with diced seasonal fresh fruit (e.g. peaches, strawberries, etc) |

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