



GREEK MEATBALLS IN A SWEET PEPPER SAUCE

Meat main dish or Grab & Go: This recipe provides a portion of meat. It counts towards the standard to provide a portion of meat, fish, eggs, beans or non-dairy sources of protein each day. Note: this dish is a homemade meat product so counts towards the standard to provide no more than one meat product in primary and two in secondary schools each week across the school day.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

600g pork meatballs
 15ml vegetable oil
 150g onion, peeled and chopped
 370g mixed peppers
 1.2kg canned tomatoes
 50g tomato purée
 30g fresh basil
 200ml water

Method

1. Pre-heat the oven to 200°C/400°F/ gas mark 6.
2. Place the meatballs on a baking tray and cook in the oven for approximately 8 to 10 minutes.
3. Meanwhile, heat the oil in a pan. Add the onion and peppers and cook for 5 minutes or until soft. Stir in the canned tomatoes and tomato puree along with the meatballs. Bring to the boil and simmer for 5-10 minutes.
4. Stir through the roughly chopped basil before serving.

Serving suggestion: with wholemeal pitta bread and Greek salad.



Number of portions this recipe makes:

10 primary servings (250g)
 7 secondary servings (365g)



Prep: 10 minutes
Cook: 25 minutes



Allergy information:

Egg, sulphites, wheat (gluten)



Top Tips

Add lentils to the tomato sauce to increase the vegetable and iron content.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and meatballs with less than 0.75g salt/100g and lower in saturated fat.