



In the Kitchen with Primary Students

BAKED CHICKEN AND SPINACH MEATBALLS

FRESH FROM THE GARDEN: Spinach



Lemons



Blueberries



Tomatoes

Ingredients

500g chicken mince

$\frac{1}{2}$ cup breadcrumbs

1 egg

1 teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ teaspoon garlic powder

1 teaspoon onion powder

2 cups fresh spinach chopped

Method

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper and set aside.
3. Wash spinach, remove stem and chop into small pieces.
4. Add all the meatball ingredients to a large mixing bowl and mix together with your hands or a rubber scrapper until just combined.
5. Use 1 tablespoon of mixture and roll them into balls with your hands.
6. Place the meatballs on the baking tray and bake for 20 minutes or until they begin to brown on the outside.