



Grilled Meatball Skewers With Vegetables



Lower in Sodium

Ingredients



Prep time
10 mins



Cook time
10 mins



Serves up to
4 pax

- 4 bamboo skewers/sticks
- 160g lean minced meat rolled into meatballs
- 60g red capsicum, cut into chunks
- 60g yellow capsicum, cut into chunks
- 60g green capsicum, cut into chunks
- 80g onion, cut into chunks
- 1 tbsp healthier oil
- 2 tbsp healthier tomato ketchup
- 2 tbsp lower-sodium garlic chilli sauce
- 1 wedge of lime

Steps

01 Skewer the ingredients, alternating between meatballs and vegetables and brush lightly with healthier oil.

02 Grill the meatballs until half-cooked. Mix healthier tomato ketchup and lower-sodium garlic chilli sauce, then brush onto the meatballs. Continue grilling until the meatballs are cooked through.

03 Squeeze lime juice to taste and serve the skewers.

Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as onions, instead of salt, for added depth of flavour.



Frozen foods, such as quick-frozen lean meats, are a budget-friendly option to make the meatballs and can be just as nutritious and delicious as fresh foods.