



UCCOOK

Greek Beef Meatballs

with minty tzatziki & crispy onion bits

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	709kJ	3749kJ
Energy	170kcal	897kcal
Protein	9.3g	49.4g
Carbs	12g	64g
of which sugars	1.5g	8.1g
Fibre	1.3g	6.7g
Fat	8.6g	45.3g
of which saturated	3.1g	16.2g
Sodium	222mg	1172mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
4	8	Beef Meatballs
5ml	10ml	NOMU Moroccan Rub
1	2	Pita Bread/s
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
50ml	100ml	Tzatziki
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain</i>
15ml	30ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. MMMEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. In the final 1-2 minutes, add the NOMU rub. Remove from the pan.

2. PITA & TZATZIKI Place the pita/s on a plate and heat up in the microwave, 30-60 seconds. Allow to cool and cut into triangles. In a bowl, combine ½ the mint, the tzatziki, and the seasoning.

3. CUCUMBER SALSA In a bowl, combine the cucumber, the tomato, the olives, a drizzle of olive oil, and seasoning.

4. GREEK FEAST Plate up the browned meatballs. Side with the cucumber salsa and the pita triangles. Dollop over the minty tzatziki. Garnish with the crispy onion bits and the remaining mint. Enjoy, Chef!

Chef's Tip Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Allow to cool and halve.