

QCOOK

Chicken Keftedes Bowl

with cauliflower rice

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 3 & 4

Chef: Chloe Hughes

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 283kj | 1578kj |
| Energy | 68kcal | 378kcal |
| Protein | 6.2g | 34.7g |
| Carbs | 4g | 20g |
| of which sugars | 1.6g | 8.7g |
| Fibre | 1.3g | 7.5g |
| Fat | 2.8g | 15.5g |
| of which saturated | 0.7g | 4g |
| Sodium | 567mg | 3154mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 450g | 600g | Free-range Chicken Mince |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 8g | 10g | Fresh Parsley <i>rinse & roughly chop</i> |
| 150g | 200g | Cucumber <i>rinse & roughly dice</i> |
| 60g | 80g | Pitted Kalamata Olives <i>drain & halve</i> |
| 22.5ml | 30ml | White Balsamic Vinegar |
| 240g | 320g | Baby Tomatoes <i>rinse & halve</i> |
| 600g | 800g | Cauliflower Florets |
| 22.5ml | 30ml | Greek Seasoning |
| 90ml | 125ml | Tzatziki |

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

1. GREEK MEATBALLS In a bowl, combine the mince, garlic, ½ the parsley and ½ of the Greek seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Gently press them down to flatten them slightly. Set aside.

2. GREEK SALAD In another bowl, combine the cucumber, olives, remaining parsley, baby tomatoes, the white balsamic vinegar and some olive oil. Season and set aside.

3. GREEK-SPICED CAULIFLOWER Rinse the cauliflower and grate it (or alternatively, add it to a food processor and pulse it into small pieces). Place a pan over medium-high heat with a drizzle of oil. When hot, fry the cauliflower until golden and soft, 8-10 minutes (shifting occasionally). At the halfway mark, add the remaining Greek seasoning. Remove from the heat and cover to keep warm.

4. GORGEOUS GREEK AROMAS Place another pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan.

5. A GREEK FEAST! Plate up the cauli rice, topped with the chicken keftedes, drizzling over any pan juices. Dollop over the tzatziki and side with the chopped salad.