



# UCCOOK

## Greek Beef Meatballs

with minty tzatziki & crispy onion bits

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**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 3	[Serves 4]	
12	16	Beef Meatballs
15ml	20ml	NOMU Moroccan Rub
3	4	Pita Breads
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
150ml	200ml	Tzatziki
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
60g	80g	Pitted Kalamata Olives <i>drain</i>
45g	60ml	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 pitas 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.