



# QCOOK

## Chicken Keftedes Bowl

with cauliflower rice

**Hands-on Time:** 25 minutes

**Overall Time:** 30 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:

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

## From Your Kitchen

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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.