



U C O O K

— COOKING MADE EASY

Mediterranean Chicken Meatballs

with a roast sweet potato, green olive & sun-dried tomato jumble

A dish sent from the Greek gods! Whip up some yoghurt and soft feta for a creamy addition to a toss-up of crisp sweet potato, green olives, and sun-dried tomatoes. Atop this heavenly heap sit juicy, herbed meatballs. Tangy, fresh, filling, and summery!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Vitality HealthyFood Studio Executive Sous Chef Elisheva Williams



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
30g	Sun-dried Tomatoes <i>drained & chopped (reserving the oil)</i>
1	Garlic Clove
60g	Lentils
5g	Fresh Oregano
150g	Free-range Chicken Mince
5ml	NOMU Poultry Rub
45ml	Low Fat Plain Yoghurt
40g	Danish-style Feta <i>drained</i>
1	Lemon <i>one half zested & cut into wedges</i>
50g	Pitted Green Olives <i>drained & chopped</i>
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into thin half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Blender
Butter (optional)

1. POP IN THE SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray. Coat in seasoning, the reserved sun-dried tomato oil, and an extra drizzle of your own oil. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. READY THE MEATBALLS Peel and grate the garlic. Drain and rinse the lentils. Rinse, pick, and roughly chop the oregano. Place the mince in a bowl with the garlic, the Poultry Rub, the lentils, and three-quarters of the oregano. Mix until well combined and season to taste. Roll into 4-5 meatballs, place on a lightly greased baking tray, and set aside.

3. WHIP IT REAL GOOD! Blend the yoghurt and the drained feta until smooth and thick. If you don't have a blender, simply whip vigorously using a whisk. Mix in a squeeze of lemon juice, season to taste, and place in the fridge until serving.

4. AND THERE'S MORE TO BAKE When the sweet potato reaches the halfway mark, pop the meatballs in the oven and bake for 8-10 minutes until browned and cooked through, shifting halfway. Remove from the oven on completion and allow to rest for 2-3 minutes before serving.

5. MEDITERRANEAN FLAVA! When the sweet potato has 5 minutes remaining, remove from the oven and add the chopped olives and chopped sun-dried tomatoes to the tray. Toss together with some lemon juice and zest to taste. Return to the oven and cook for 4-5 minutes until fragrant. Toss the rinsed green leaves and cucumber half-moons with a drizzle of oil and some seasoning.

6. DINNER BLISS Smear a generous dollop of feta and yoghurt whip across the side of a plate. Dish up the sweet potato jumble on one side and the salad on the other. Top the pile of sweet potato with the meatballs and garnish with the remaining oregano and lemon zest to taste. Time to devour!



Chef's Tip

To check if your meatballs are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the meatball mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

Energy	522kJ
Energy	125Kcal
Protein	7.3g
Carbs	12g
of which sugars	3.7g
Fibre	3.4g
Fat	5.2g
of which saturated	1.8g
Sodium	241mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days