

# QCOOK

## Chicken Keftedes Bowl

with cauliflower rice

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Carb Conscious:** Serves 1 & 2

**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 1	[Serves 2]	
150g	300g	Free-range Chicken Mince
1	1	Garlic Clove <i>peel &amp; grate</i>
3g	5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>
7.5ml	15ml	White Balsamic Vinegar
80g	160g	Baby Tomatoes <i>rinse &amp; halve</i>
200g	400g	Cauliflower Florets
7.5ml	15ml	Greek Seasoning
30ml	60ml	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, 6-8 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). 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.