

MEDITERRANEAN MEATBALLS



Makes 15-18 balls | Prep time: 15 mins

Cook time: 10 mins

INGREDIENTS

Tzatziki

1 medium cucumber
1 cup Greek yoghurt
1 tbsp extra virgin olive oil
1 garlic clove, crushed
Juice from ½ lemon
½ tsp lemon zest
1 tbsp chopped dill
Salt and pepper to taste

Meatballs

500g reduced fat beef mince
2 garlic cloves, crushed
½ red onion, grated
1 egg
½ cup fresh parsley, roughly chopped
½ tsp dried oregano
¼ cup breadcrumbs
Salt and pepper to taste
2 tbsp extra virgin olive oil

METHOD

Tzatziki

1. Coarsely grate the cucumber and squeeze out excess moisture with your hands.
2. Combine all the ingredients in a bowl and mix well.
3. Cover and refrigerate for 30 minutes or until the meatballs are cooked.

Meatballs

1. Add the meatball ingredients to a mixing bowl and combine well.
2. Measure out heaped spoons of the mixture and roll them into golf-shaped balls.
3. Heat the oil in a frying pan over medium heat. Add meatballs to the pan and cook for 6-8 minutes or until nicely browned.

Serve with pita bread, salad and a generous helping of tzatziki.



THE NUTRITION GUY



NUTRITION TIP

Choosing leaner cuts of meat is better for your heart. That's because they contain less saturated fat than full-fat varieties.