

# Lamb Meatballs with Greek Horiatiki Salad and Tzatziki

hellóchef

Tzatziki is often served as part of a mezze or alongside grilled meat.

Cals 913 • Prot 63 • Carbs 30 • Fat 66

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🕒 cook: 20 min

R2456



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Almond flour <b>1*</b> , <b>2*</b>	40	60	80	Grams
Sour cream <b>4*</b>	60	90	120	Grams
Fresh parsley	15	15	15	Grams
Garlic paste	10	15	20	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Salad				
Red onion	1	1	2	Piece
Cucumber	1	2	2	Piece
Green pepper	1	1	2	Piece
Cherry tomatoes	150	250	300	Grams
Olive oil	1	2	2	Tbsp
Red vinegar	15	22	30	ML
Dried oregano	2	2	4	Grams
Salt	0.5	1	1	Tsp
Kalamata olives	40	60	80	Grams
Feta cheese <b>4*</b>	100	150	200	Grams
Tzatziki				
Natural yogurt <b>4*</b>	170	170	340	Grams
Garlic cloves	1	1	1	Piece
Salt	0.5	0.5	0.5	Tsp

Allergens

\*1 Peanuts, \*2 Tree Nuts, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3821 / 913
Fat (g)	65.9
of which saturates (g)	26.8
Carbohydrate (g)	30
of which sugars (g)	16.9
Fiber (g)	7.3
Protein (g)	63.1
Salt (g)	6

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep meatballs

Add the **almond flour** and **sour cream** to a large bowl, mix and set aside. Meanwhile, halve the **onion** and chop one half finely (reserve the other un-chopped half for the salad). Finely chop the **parsley**. Add the chopped **onion, sour cream** and **almond mixture, lamb mince, garlic paste, parsley, salt** and **pepper** to the bowl. Knead well for 3–4 min. With oiled hands, shape the mix into **meatballs**.



2 Make tzatziki

Add the **yogurt** to a bowl. Halve the **cucumber** (reserve the rest for the salad). Grate half of the **cucumber** and squeeze out any excess liquid. Add the grated **cucumber** to the **yogurt**. Peel and mince the **garlic**. Add the **garlic** and a pinch of **salt**. Mix well.

**Tip!** Don't like raw garlic? Go easy!



3 Fry meatballs

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Fry the **meatballs** for 6–8 min or until cooked through but juicy.

**Tip!** Fry the meatballs in batches if necessary.



4 Make salad

Meanwhile, peel and very finely slice the remaining **onion**. De-seed and roughly chop the **pepper**. Slice the remaining **cucumber**. Halve the **cherry tomatoes**. In a bowl, combine the **olive oil, red vinegar, oregano** with a pinch of **salt**. Add the **pepper, onion, olives, cucumber** and **tomatoes**. Toss.



5 Serve

Serve the **meatballs** alongside the **salad** and **tzatziki**. Crumble the **feta** over the top.