

Greek Lamb Meatballs

with Bean Stew and Feta

This Greek one-pot is packed with fresh flavours.

Cals 841 • Prot 68 • Carbs 47 • Fat 47

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🕒 cook: 40 min

R3072

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
Fresh oregano	10	10	20	Grams
Garlic powder	4	5	8	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	1	2	2	Tbsp
Stew				
Red onion	1	1	2	Piece
Garlic cloves	4	5	8	Piece
White beans	240	240	480	Grams
Small zucchini	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	70	70	140	Grams
Chopped tomatoes	400	400	800	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Water	100	250	200	ML
Honey	15	15	30	Grams
Kalamata olives	40	60	80	Grams
Garnish				
Feta cheese 4*	75	100	150	Grams
Fresh parsley	15	15	15	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

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)	3519 / 841
Fat (g)	46.6
of which saturates (g)	20.2
Carbohydrate (g)	47
of which sugars (g)	16.2
Fiber (g)	16.1
Protein (g)	67.6
Salt (g)	6.3

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



1 Shape meatballs

Strip the **fresh oregano** leaves directly into a large mixing bowl. Add the **lamb mince** and **garlic powder**. Season generously with **salt** and **pepper**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into {14/21/28} pieces and shape each piece into a **meatball**.



2 Fry meatballs

Heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **meatballs** and fry for 5-7 min or until starting to brown all over. Once the **meatballs** are browned, transfer them to a plate (they don't have to be cooked through at this point). Reserve the pan.



3 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Grate the **zucchini**. Drain the **beans**.



4 Sweat

Return the pan to a medium heat with another drizzle of **oil**. Add the **onion** and **zucchini** with a pinch of **salt** and fry for 5 min. Add the **garlic** and cook for 1 min further.



5 Simmer

Add the **tomato paste**, **chopped tomatoes**, {0.5/1/1} **stock cube**, **measured water** and **honey**. Simmer for 6 min. After 6 min, stir the drained **beans**, **olives** and **meatballs** into the **stew** and simmer for 4 min further or until the **meatballs** are cooked through.

Tip! Pour the measured water into the empty tomato tin before adding it to the stew – this way you'll get every last bit of tomatoey goodness!



6 Serve

Meanwhile, crumble the **feta** and roughly chop the **parsley**. Once ready, garnish the **stew** with the **chopped parsley** and **feta**.