



*This Greek one-pot is packed with fresh flavours!*

**Cooking Time: 30 min | Gluten-Free**  
**Cals 867 | Prot 56 | Carbs 63 | Fat 47**

#### Tips For Fussy Eaters

Serve with crusty bread!

#### Pro Tip

The longer you knead the mince meat mixture, the more tender your patties will become. They'll also stick together better!



## Ingredients

For 2 For 3 For 4

### Meatballs

Lamb mince	350	525	700	Grams
Almond flour	40	60	80	Grams
Fresh oregano	10	10	20	Grams
Garlic powder	4	5	8	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Marmite	8	8	16	Grams

### Stew

Red onion	1	1	2	Piece
Garlic cloves	4	5	8	Piece
Butter beans	240	240	480	Grams
Small zucchini	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Tomato paste	70	70	140	Grams
Chopped tomatoes	400	400	800	Grams
Chicken stock cube	0.5	1	1	Piece
Water	100	250	200	ML
Honey	15	15	30	Grams
Kalamata olives	40	60	80	Grams

### Garnish

Feta cheese	75	100	150	Grams
Fresh parsley	15	15	15	Grams



### 1 Shape meatballs

Strip the **fresh oregano** leaves directly into a large mixing bowl. Add the **lamb mince**, **marmite**, **almond flour** 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 min or until starting to brown all over.



### 3 Prep

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



### 4 Sweat

Once the meatballs are browned, transfer them to a plate (they don't have to be cooked through at this point). Return the pan to a medium low heat with another drizzle of **oil**. Add the **onion** and **zucchini** and sweat for 5 min. Add the **garlic** and cook for 1 min further.



### 5 Simmer

Add the **tomato paste**, **chopped tomatoes**, **stock cube**, **water** and **honey** and simmer for 6 min. After 6 min, stir the drained **beans**, **olives** and **meatballs** into the **stew** and simmer for 3 min further or until the meatballs are cooked through.



### 6 Serve

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



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04-383-93-99