

Greek Lamb Meatballs

with Bean Stew and Feta

hellóchef

This Greek one-pot is packed with fresh flavours!

Cals 859 • Prot 56 • Carbs 61 • Fat 47

Low-Carb



⌚ 30 min

R6

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	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

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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**, 0.5/1/1 **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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Pro Tip

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

Tips For Fussy Eaters

Serve with crusty bread!